



Class

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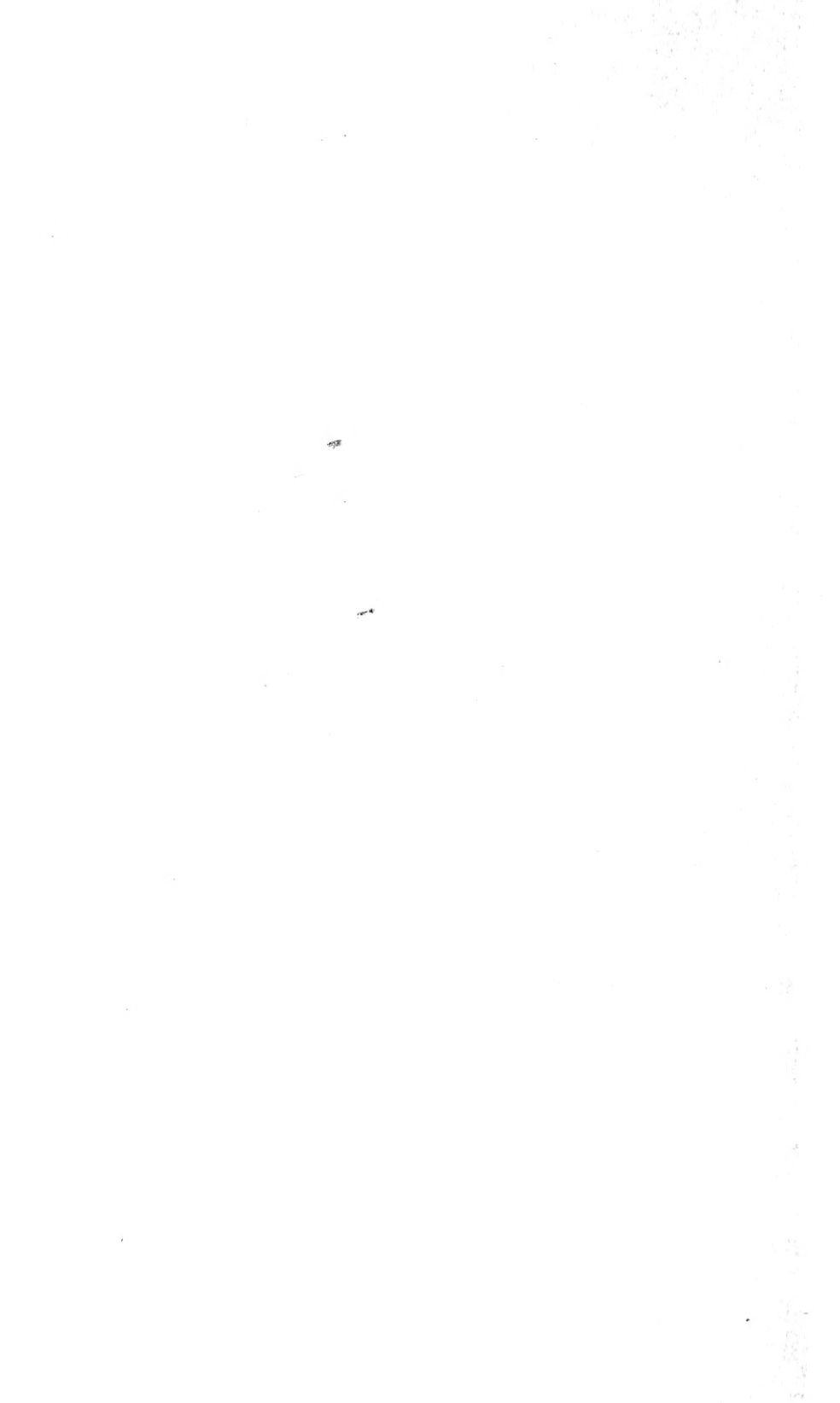
Book

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APPLIED DOMESTIC SCIENCE



DAILY MENUS
FOR THE
SCHOOL YEAR
AND
A DIETARY STUDY FOR OCTOBER



THREE WELL BALANCED AND WHOLESOME MEALS DAILY
AT TWENTY-ONE CENTS PER DAY

PRICE 50 CENTS

PREFACE



THREE years ago we began an effort at Cheyney, Pa., to furnish our pupils properly balanced and wholesome meals at as low a cost as practicable. The daily menus for the school year 1907-1908 published in this leaflet is the result. The average cost per day for the three meals is twenty-one cents. The small number of our boarders (because of lack of dormitory accommodations), only sixty, precluded all hope of purchasing at wholesale prices and made the problem of cost one of management.

The system of records devised for the store room, kitchen and dining room enabled us by actual measurement of everything to exercise the strictest economy in purchasing, preparing, cooking, serving and preserving the food materials.

The table cloths and napkins are changed twice a week and there is always some table decoration—flowers, plants, fall leaves, evergreens or some simple decorative design created by the pupils.

Every pupil in the school assists in this work and the immediate direction of it is under a graduate from our Domestic Science Course.

We publish these menus because:

First.—All of our pupils improve in health and working energy.

Second.—Because we have been requested to do so.

The recipes for these menus are taken largely from the Boston Cooking School Cook Book, by Fannie Meritt Farmer.

The experiences of this effort have revolutionized the teaching of Domestic Science in this institute. The subject is now both practical and practicable, and we furnish our pupils skill as well as knowledge.

THE DIETARY STUDY

This study covered the month of October, 1908. The weight of all foods as purchased was taken. The difference between total pounds and total pounds net in nearly all cases is an allowance of ten per cent. for waste. The nutrients were calculated on net pounds by factors given in the revised edition of U. S. Agricultural Department Bulletin 28, "American Food Materials," and in the old edition of U. S. Agricultural Department Farmers' Bulletin 142, "Principles of Nutrition and Nutritive Value of Food."

Materials	Total Pounds	Cost	Total Pounds Net	Proteids Net	Fat Net	Carbohy- drates Net
Milk	2168	\$54.20	2168.	71.52	86.7	108.35
Butter	74¼	22.28	74.25	.74	63.23	..
Cream	19	2.85	19.	.47	3.51	.85
Eggs	3 2-9	.97	2.90	.3
Cheese	21¼	3.40	19.12	4.85	6.44	.45
Sugar	285	15.67	285.	285.
Molasses	41½	1.25	41.5	.99	..	28.75
Chocolate	½	.15	.5	..	.22	.15
Flour, Graham	10	.35	9.	1.18	.19	6.42
Flour, Rye	9	.27	8.1	.61	.08	7.02
Flour, Wheat	639¾	20.90	639.75	51.18	8.76	488.76
Corn Meal	18½	.55	16.6	1.24	.69	12.97
Rice	35¼	2.47	31.72	2.53	.09	26.53
Macaroni	7	.63	6.30	1.07	..	5.81
Tapioca	1¼	.06	1.1299
Kidney Beans	9	.38	8.10	.32	.09	1.53
Lima Beans	17	.57	15.30	2.76	.22	10.08
Dried Beans	65	3.53	58.5	16.7	1.17	38.35
Hominy Grits	21	.37	18.9	1.68	1.18	14.93
Corn Starch	16	.62	15.4	14.40
Potatoes	900	11.20	810.	16.3	.1	162.39
Squash, Canned	2	.08	1.8	.025	.009	.162
Tomatoes, Canned	22	1.25	19.8	.178	.079	.772
Peas, Canned	98	4.90	88.2	3.17	.176	8.64
Corn	24	2.17	24.	.67	.26	1.97
String Beans	34	1.36	30.60	.336	.03	1.16
Oatmeal	32	2.24	28.80	4.63	2.07	19.44
Ralston Food	16	1.00	16.	2.57	1.15	10.8
Cream Wheat	6	.38	6.	.66	.084	4.57
Farinose	12	.75	10.8	1.18	.15	8.34
Corn Flakes	16	.62	15.4	1.47	.16	12.05
Canned Fruit	26	2.73	23.4	.173	.076	2.67
Dried Fruits:						
Apricots	15	2.50	14.5	6.81	1.45	9.66
Prunes	19	1.15	17.1	.153	..	3.23
Raisins	2	.12	1.8	.05	.06	1.52
Peaches	3	.60	2.7	.141	.03	1.08
	4688.47	164.52	4549.96	196.656	178.45	1299.79

Materials	Total Pounds	Cost	Total Pounds Net	Proteids Net	Fat Net	Carbohy- drates Net
Apples	540	\$6.70	486.	1.9	2.4	69.
Lemons	6	.50	5.4	.05	.45	.03
Dates	2	.30	1.8	.03	.05	1.41
Bananas	9	1.80	8.5	.05	.12	2.09
Grapes	16	1.40	14.4	.18	.23	2.76
Almonds	2	.50	1.8	.37	.98	.31
English Walnuts	1	.20	.9	.14	.57	.14
Olive Oil	9	2.95	9.	..	9.	..
Tomatoes	133	4.26	119.7	1.07	.47	1.35
Carrots	48	.75	43.2	.47	.17	4.01
Cucumber	36	1.95	32.4	.26	.06	1.
Beans	8	1.40	7.2	.16	.02	.53
Sweet Potatoes	316	1.65	284.4	5.11	2.21	77.9
Horse Radish	1	.15	.9	.01	.001	.09
Mustard	2	.60	1.8
Cauliflower	2	.25	1.8	.03	.009	.08
Salsify	48	.50	43.2	.47	.17	4.01
Egg Plant	14	1.53	10.6	.80	.21	3.85
Beets	126	1.92	113.4	1.8	.1	10.8
Onions	42	.95	37.8	.60	.1	5.9
Turnips	52	.30	46.8	.60	.09	3.79
Cabbage	172	4.20	163.8	2.61	.49	9.17
Corn	105	2.34	94.5	2.92	1.03	18.61
Salads	7	.63	6.3	.51	.12	1.25
Miscellaneous:						
Celery Seed	2	.30
Baking Powder	3½	.40
Coffee	11⅞	2.85
Tea	¼	.09
Curry Powder	1	.24
Soda	½	.03
Vinegar	76	1.33
Salt	4	.04
Pepper	¾	.21
Prepared Mustard	5	.75
Dried Mustard	¾	.13
Gelatine	1	.11
Vanilla	1	1.25
Expressage	1.20
	1804½	\$46.66	1535 6	20.14	19.05	218.08

Materials	Total Pounds	Cost	Total Pounds Net	Proteids Pounds Net	Fat Net	Carbohydrates lbs. Net
Beef:						
Rib Roast	16¾	\$2.85	15.08	3.9	2.23	..
Chuck Roast	124½	13.61	112.05	17.36	11.8	..
Corned Beef	57½	6.90	51.75	7.61	12.67	..
Rump Steak	37½	6.38	33.75	8.65	6.81	..
Round Steak	47	6.39	42.30	11.63	3.4	..
Sirloin Steak	5½	1.21	4.95	1.79	.56	..
Chipped Dried Beef	1½	.38	1.35	.32	.07	..
Kidneys	20	2.50	18.	3.98	.86	.307
Suet	30	3.00	27.	1.26	22.08	..
Veal	62½	8.54	56.25	11.50	2.19	..
Calf Liver	2¼	.63	2.03	.38	.10	..
Beef Liver	13½	1.02	12.15	2.47	.54	.206
Leg, Mutton						
156¾	14.97	140.63	26.23	17.67
Tripe	37¾	2.54	33.98	3.97	.4	.06
Scrapple	43	2.01	38.7	6.51	5.50	14.58
Sausage	73¾	9.58	66.38	17.26	25.94	..
Salt Pork	42	5.56	37.8	4.79	13.52	..
Ham	111	14.24	99.9	20.08	23.4	..
Fresh Ham	43	5.27	38.7	5.92	10.18	..
Lard	50	6.25	45.	.99	42.30	..
Bacon	52 1-3	7.85	47 1	5.28	16.29	..
Chicken	143	25.74	128.7	17.6	15.8	..
Fish:						
Haddock	59½	4.30	53.55	4.48	.10	..
Trout	25	2.50	22.5	2.22	1.24	..
Bass	39	4.68	35.1	3.26	.28	..
Weak	25	2.25	22.5	1.93	.24	..
Mackerel	24	1.92	21.6	2.20	.90	..
Sardines	13	.52	11.7	2.69	2.30	..
Salmon	8	.64	7.2	1.40	.54	..
1364.08 1-3 \$164.23 1227.70 197.66 239.91 15.153						

SUMMARY OF FOOD MATERIALS, COST, AND COMPOSITION

Materials	Total Pounds	Cost	Total Pounds Net	Proteids Net	Fat Net	Carbohydrates Net
Meat and Fish	1364.08	\$164.23	1227.70	197.66	239.91	15.15
Fruits, Vegetables, and Miscellaneous.	1804.62	46.66	1535.60	20.14	19.05	218.08
Milk, Butter, Eggs, Dried Fruit, etc....	4688.47	164.52	4549.96	196.656	178.45	1299.79
	7857.17	\$375.41	7313.26	414.456	437.41	1533.02

The number of pounds net reduced to grams and divided by the number of persons and the number of days gives per person per day:

	Total Pounds	Cost	Proteids Grams	Fat Grams	Carbohydrates Grams	Total Calories
Food as purchased	4	\$0.18				
Nutrients remaining after deducting waste..			95	100	351	2753

THURSDAY, SEPTEMBER 19

Breakfast

Force
Bacon and Eggs
Sautéd Potatoes
Bread and Butter
Tea Milk

Dinner

Roast Beef
Baked Sweet Potatoes
Stewed Carrots
Beet Salad
Bread and Butter
Chocolate Blanc Mange

Supper

Cold Corned Beef
Apple Sauce
Bread and Butter
Tea Milk

FRIDAY, SEPTEMBER 20

Breakfast

Oatmeal
Creamed Chipped Beef
Lyonnaise Potatoes
Bread and Butter
Tea Milk

Dinner

Vegetable Soup
Fried Trout
Boiled Potatoes
Lima Beans
Cole Slaw
Bread and Butter

Supper

Beef and Rice Croquettes
Apricots Prunes
Bread and Butter
Tea Milk

SATURDAY, SEPTEMBER 21

Breakfast

Ralston Food
Codfish Balls
Tomato Sauce
Bread and Butter
Tea Milk

Dinner

Roast Leg of Mutton
Mashed Potatoes
Stewed Tomatoes
Peas
Bread and Butter
Apple Tapioca

Supper

Cold Cheese
Prune Loaf
Bread and Butter
Tea Milk

SUNDAY, SEPTEMBER 22**Breakfast**

Force	Chilled Grapes
Bacon	
Fried Tomatoes	
Hot Rolls and Butter	
Tea	Milk

Dinner

Fricassee of Chicken	
Baked Sweet Potatoes	
Corn à la Southern	
Lettuce and Tomato Salad	
Bread and Butter	
Snow Pudding	Soft Custard

Supper

Mutton Curry with Rice	
Pickles	
Stewed Pears	
Bread and Butter	Tea or Milk

MONDAY, SEPTEMBER 23**Breakfast**

Farinose	
Bacon and Eggs	Muffins
Bread and Butter	
Tea	Milk

Dinner

Baked Ham	
Boiled Cabbage	White Potatoes
Sliced Tomatoes	
Cornbread and Butter	
Bread Pudding	

Supper

Creamed Chicken	Apple Sauce
Bread and Butter	
Tea	Milk

TUESDAY, SEPTEMBER 24**Breakfast**

Oatmeal	
Liver and Bacon	
French Fried Potatoes	
Bread and Butter	
Tea	Milk

Dinner

Cannelon of Beef	
Tomato Sauce	
Macaroni and Cheese	
Lettuce and Onion Salad	
Bread and Butter	
Rice Pudding	

Supper

Cold Ham	Apple Baked
Bread and Butter	
Tea	Milk
Cookies	

WEDNESDAY, SEPTEMBER 25**Breakfast**

Farinose	Stewed Kidney
Baked Potatoes	
Bread and Butter	
Tea	Milk

Dinner

Roast Mutton	Carrots and Peas
Boiled Potatoes	
Sliced Tomatoes	
Bread and Butter	

Supper

Bologna Sausage	
Cottage Cheese	Stewed Fruit
Bread and Butter	
Tea	Milk

THURSDAY, SEPTEMBER 26**Breakfast**

Force	
Fried Tripe	Lyonnaise Potatoes
Bread and Butter	
Tea	Milk

Dinner

Roast Beef	
Browned Sweet Potatoes	
Corn on Cob	
Bread	Lima Beans Butter
Tomato and Onion Salad	
Chilled Grapes	

Supper

Cold Mutton	
Boiled Rice	Apple Sauce
Bread and Butter	
Tea	Milk

FRIDAY, SEPTEMBER 27**Breakfast**

Ralston Food	
Mutton Hash	Tomato Sauce
Bread and Butter	
Tea	Milk

Dinner

Vegetable Soup	
Fried Porgies	Cole Slaw
Mashed Potatoes	
Kidney Beans	Baked Tomatoes
Bread and Butter	

Supper

Cold Beef	Apple Sauce
Bread and Butter	
Tea	Milk
Cookies	

SATURDAY, SEPTEMBER 28**Breakfast**

Oatmeal	
Fried Tomatoes	
Lyonnaise Potatoes	
Bread and Butter	
Tea	Milk

Dinner

Fricassee of Veal	
Stewed Tomatoes	
Lady Cabbage	
Bread and Butter	

Supper

Sliced Beef	
Baked Apples	
Bread and Butter	
Tea	Milk

SUNDAY, SEPTEMBER 29

Breakfast

Cream of Wheat
Codfish Balls Tomato Sauce
Hot Rolls and Butter
Tea Chilled Grapes Milk

Dinner

Baked Chicken
Corn à la Southern
Sweet Potato Puff Lima Beans
Tomato Salad Bread and Butter
Chocolate Blanc Mange

Supper

Potato Salad
Stewed Pears
Gingerbread Bread and Butter
Tea Milk

MONDAY, SEPTEMBER 30

Breakfast

Force Breakfast Hominy
Bacon and Eggs
Bread and Butter
Tea Milk

Dinner

Boiled Corn Beef Cabbage
Boiled Potatoes Browned Parsnips
Bread and Butter
Home-made Pickles

Supper

Creamed Chicken
Apple Sauce
Bread and Butter
Tea Milk
Peanut Cookies

THURSDAY, OCTOBER 3

Breakfast

Force
Bacon and Fried Apples
Fried Potatoes
Bread and Butter
Tea Milk

Dinner

Beefsteak and Onions
Sweet Potatoes Corn on Cob

Tomato Salad
Bread and Butter
Apple Loaf

Supper

Mutton Curry
Stewed Pears
Bread and Butter
Tea Milk

TUESDAY, OCTOBER 1

Breakfast

Farinose Egg Plant
Potato Cakes
Bread and Butter
Tea Milk

Dinner

Pot Roast Beef
Boiled Rice
Scalloped Tomatoes Creamed Carrots
Bread and Butter
Tapioca Pudding

Supper

Salmon Salad
Baked Apples Bread and Butter
Tea Milk

WEDNESDAY, OCTOBER 2

Breakfast

Oatmeal
Corned Beef Hash
Lyonnais Potatoes
Bread and Butter
Tea Milk

Dinner

Boned Leg of Mutton
Boiled Rice
Mashed Turnips Buttered Beets
Tomato and Onion Salad
Bread Butter

Supper

Minced Beef
Stewed Peaches
Bread and Butter
Tea Milk

FRIDAY, OCTOBER 4

Breakfast

Cream of Wheat
Green Sausage Apple Sauce
Potatoes
Bread and Butter

Dinner

Tomato Soup
Baked Fish Sauce Tartare
Creamed Potatoes Lima Beans
Cole Slaw
Bread and Butter

Supper

Cheese Pudding Apple Sauce
Bread and Butter
Tea Milk

SATURDAY, OCTOBER 5

Breakfast

Ralston Food
Stewed Kidney Baked White Potatoes
Bread and Butter
Tea Milk

Dinner

Veal Pie with Pork
Cabbage au Gratin
Beet Salad
Bread and Butter

Supper

Baked Beans Pickles
Brown Bread and Butter
Tea Milk

SUNDAY, OCTOBER 6

Breakfast

Iced Grapes
Mutton Chops Hashed Brown Potatoes
Hot Rolls and Butter
Tea Milk

Dinner

Fried Chicken
Sweet Potatoes String Beans
Stuffed Peppers
Tomato and Onion Salad
Bread and Gravy
Coffee Jelly

Supper

Potato Salad
Stewed Pears
Cinnamon Bun Bread and Butter
Chocolate Milk

MONDAY, OCTOBER 7

Breakfast

Force
Fried Egg Plant
Omelet
Biscuit and Butter
Tea Milk

Dinner

Baked Ham
Boiled Cabbage White Potatoes
Tomato Salad
Cornbread and Butter

Supper

Salmon Cutlets
Apple Sauce
Baking Powder Biscuits and Butter
Tea Milk

TUESDAY, OCTOBER 8

Breakfast

Farinose
Hamburg Steak
Lyonnaise Potatoes
Bread and Butter
Tea Milk

Dinner

Roast Beef
Franconia Potatoes Corn on Cob
Stewed Tomatoes
Whole Wheat Bread and Butter
Apple Pie Cheese

Supper

Cold Ham
Bread and Butter
Blanc Mange Pickles
Tea Milk

WEDNESDAY, OCTOBER 9

Breakfast

Force
Sautéd Tripe Hominy Grits
Bread and Butter
Tea Milk

Dinner

Boiled Mutton
Boiled Rice Stewed Carrots
Bread and Butter
Tomato and Pepper Salad
Apple Fritters with Lemon Sauce

Supper

Cold Beef
Sautéd Potatoes
Bread and Butter
Tea Milk

THURSDAY, OCTOBER 10

Breakfast

Ralston Food
Bacon Fried Mush
Bread and Butter
Tea Milk

Dinner

Fresh Ham
Baked Sweet Potatoes Apple Sauce
String Beans Corn on Cob
Bread and Butter
Caramel Blanc Mange

Supper

Minced Mutton on Toast
Bread and Butter
Stewed Apples
Tea Milk

FRIDAY, OCTOBER 11

Breakfast

Cream of Wheat
Broiled Ham
French Toast
Bread and Butter
Tea Milk

Dinner

Vegetable Soup Fried Fish
Mashed Potatoes Buttered Onions
Tomato Salad
Bread Butter

Supper

Cold Fresh Ham
Bread Pears Butter
Tea Pickles Milk
Graham Crackers

SATURDAY, OCTOBER 12

Breakfast

Oatmeal
Green Sausage
Fried Apples
Bread and Butter
Tea Milk

Dinner

Irish Stew with Dumplings
Stewed Tomatoes Lima Beans
Bread and Butter
Brown Betty

Supper

Baked Beans
Brown Bread Butter
Tea Pickles Milk

SUNDAY, OCTOBER 13

Breakfast

Sliced Bananas Fried Egg Plant
 Omelet
Hot Rolls Butter
Tea Milk

Dinner

Brown Fricassee of Chicken
Mashed Potatoes
Scalloped Onions Lima Beans
Lettuce Salad Bread and Butter
Snow Pudding Custard Sauce

Supper

Calf's Head Salad
Stewed Prunes
Gingerbread Bread and Butter
Chocolate

MONDAY, OCTOBER 14

Breakfast

Force
Scrapple Fried Apples
 Muffins and Butter
Tea Milk

Dinner

Baked Ham Macaroni and Cheese
Cabbage au Gratin Sliced Tomatoes
Apple Dumplings

Supper

Frankfurters
Boiled Rice Butter
Tea Milk
Baking Powder Biscuits
Fruit

TUESDAY, OCTOBER 15

Breakfast

Farinose
Liver and Bacon
Hominy Grits
Bread and Butter
Tea Milk

Dinner

Cannelon of Beef
Egg Plant Sweet Potatoes
Tomato Salad
Bread and Butter
Dutch Apple Pudding

Supper

Cold Corned Beef
Stewed Pears
Bread and Butter
Cookies

WEDNESDAY, OCTOBER 16

Breakfast

Oatmeal
Codfish Balls and Tomato Sauce
Bread and Butter
Tea Milk

Dinner

Roast Beef Franconia Potatoes
Lima Beans Buttered Beets
Bread and Butter

Supper

Creamed Chipped Beef
Apple Sauce
Bread and Butter
Tea Milk

THURSDAY, OCTOBER 17

Breakfast

Cream of Wheat
Green Sausage Fried Apples
Bread and Butter
Tea Milk

Dinner

Beefsteak and Onions
Baked Potatoes Stewed Tomatoes
Bread and Butter
Steamed Chocolate Pudding
Hard Sauce

Supper

Beef and Rice Croquettes
Stewed Apricots
Bread and Butter
Tea Milk

FRIDAY, OCTOBER 18

Breakfast

Force Grapes
Hamburg Steak with Brown Sauce
Fried Hominy
Bread and Butter
Tea Milk

Dinner

Vegetable Soup Baked Fresh Fish
Baked Potatoes Lima Beans
Cole Slaw
Hollandaise Sauce
Bread and Butter

Supper

Macaroni au Gratin Long Baked Apples
Bread and Butter
Tea Milk

SATURDAY, OCTOBER 19

Breakfast

Farinose
Fish Hash Potatoes
Bread and Butter
Tea Milk

Dinner

Shoulder of Mutton
Mashed Potatoes Tomatoes
Fried Egg Plant
Bread and Butter
Lettuce and Onion Salad

Supper

Baked Beans Brown Bread
Bread and Butter
Tea Milk

SUNDAY, OCTOBER 20

Breakfast

Sliced Bananas
Stewed Kidney Baked Potatoes
Hot Rolls and Butter
Tea Milk

Dinner

Baked Chicken
Boiled Rice Sweet Potatoes
Tomato and Lettuce Salad
Bread and Butter
Apple Tapioca Pudding

Supper

Potato Salad
Apple Sauce Pound Cake
Bread and Butter
Chocolate

MONDAY, OCTOBER 21

Breakfast

Oatmeal
Boiled Mackerel Potatoes
Bread and Butter
Tea Milk
Corn Muffins

Dinner

Baked Ham Boiled Cabbage
Potatoes Beet Salad Cornbread
Butter

Supper

Cold Sliced Mutton
French Fried Potatoes Apple Sauce
Bread and Butter
Tea Milk

TUESDAY, OCTOBER 22

Breakfast

Farinose
Sautéd Scrapple Apple Sauce
Bread and Butter
Tea Milk

Dinner

Pot Roast of Beef
Stewed Corn
Sweet Potatoes Sliced Tomatoes
Whole Wheat Bread and Butter
Cornstarch Custard

Supper

Cold Ham
Baked Apples Bread and Butter
Tea Milk
Tea Cakes

WEDNESDAY, OCTOBER 23

Breakfast

Bacon Fried Apples
Oatmeal
Sautéd Mush
Bread and Butter
Tea Milk

Dinner

Stuffed Leg of Mutton
Boiled Rice Mashed Turnips
Banana Fritters Caramel Junket
Bread and Butter

Supper

Cold Beef
Apple Sauce
Milk Bread and Butter Tea
Cookies

THURSDAY, OCTOBER 24

Breakfast

Ralston Food
Codfish Balls Tomato Sauce
Bread and Butter
Tea Milk

Dinner

Fresh Ham
Apple Sauce Sweet Potatoes
Bread and Butter Hominy
Lemon Jelly

Supper

Rice and Meat Casserole
Blanc Mange
Bread and Butter
Tea Milk

FRIDAY, OCTOBER 25

Breakfast

Oatmeal
Green Sausage Boiled Rice
Bread and Butter
Tea Milk

Dinner

Vegetable Soup Fried Trout
Mashed Potatoes
Lima Beans Cole Slaw
Bread and Butter

Supper

Cold Roast Pork
Stewed Pears
Fig Bars Bread and Butter
Tea Milk

SATURDAY, OCTOBER 26

Breakfast

Farinose
Liver and Bacon
Potato Cakes Bread and Butter
Tea Milk

Dinner

Irish Stew with Dumplings
Lettuce Salad Potatoes
Bread and Butter
Apple Tarts

Supper

Boston Baked Beans
Brown Bread and Butter
Tea Milk

SUNDAY, OCTOBER 27

Breakfast

Cream of Wheat
Sautéd Tripe Creamed Potatoes
Hot Rolls and Butter
Tea Milk

Dinner

Chicken Pie Boiled Rice
String Beans Fried Egg Plant
Tomato and Lettuce Salad
Grapes

Supper

Veal Loaf
Blanc Mange Vanilla Wafers
Bread and Butter
Tea Milk

MONDAY, OCTOBER 28

Breakfast

Force
Shirred Eggs Tomato Sauce
Bread and Butter
Tea Milk

Dinner

Corned Beef Boiled Cabbage
Boiled Potatoes
Beet Salad Cornbread and Butter

Supper

Grilled Sardines
Apple Sauce
Baking Powder Biscuits and Butter
Tea Milk
Drop Cookies

TUESDAY, OCTOBER 29.

Breakfast

Cream of Wheat
Half Smoked Sausage Potato Cakes
Bread and Butter
Tea Milk

Dinner

Roast Beef
Baked Sweet Potatoes
Stewed Corn Tomatoes
Bread and Butter
Date Whip Custard Sauce

Supper

Minced Beef on Toast
Baked Apples
Bread and Butter
Tea Milk

WEDNESDAY, OCTOBER 30

Breakfast

Oatmeal
Sautéd Scrapple Stewed Prunes
Bread and Butter
Tea Milk

Dinner

Roast Mutton
Creamed Peas Mashed Potatoes
Apple Fritters
Lettuce and Onion Salad
Bread and Butter

Supper

Cold Corned Beef
Long Baked Apples Bread and Butter
Tea Milk

THURSDAY, OCTOBER 31

Breakfast

Force
Bacon and Fried Apples
Fried Potatoes
Bread and Butter
Tea Milk

Dinner

Beefsteak with Onions
Sweet Potatoes Corn on the Cob
Bread and Butter
Tomato Salad Apple Loaf

Supper

Apple and Date Salad
Cold Cheese
Whole Wheat Bread and Butter
Tea Milk

FRIDAY, NOVEMBER 1

Breakfast

Cream of Wheat
Green Sausage Baked Apples
Potatoes
Bread and Butter
Tea Milk

Dinner

Tomato Soup Baked Fish
Creamed Potatoes Lima Beans
Cole Slaw
Bread and Butter

Supper

Cheese Pudding Apple Sauce
Bread and Butter
Tea Milk

SATURDAY, NOVEMBER 2

Breakfast

Ralston Food
Stewed Kidney
Baked Potatoes
Bread and Butter Milk Tea

Dinner

Veal Pie with Pork and Potatoes
Carrots and Peas
Beet Salad
Bread and Butter

Supper

Baked Beans
Brown Bread and Butter
Pickles
Tea Milk

SUNDAY, NOVEMBER 3

Breakfast

Oatmeal
Fish Cakes Baked Beans
Bread and Butter
Tea Milk

Dinner

Fried Chicken
Browned Sweet Potatoes
Scalloped Onions Lettuce and
Celery Salad
Bread Gravy
Apple Pie Cheese

Supper

Sliced Ham Catsup
Blanc Mange moulded with Fruit
Bread and Butter Cinnamon Bun
Tea Milk

MONDAY, NOVEMBER 4

Breakfast

Oatmeal
Hamburg Steak in Brown Gravy
French Fried Potatoes
Whole Wheat Muffins
Tea Milk

Dinner

Corned Beef
Cabbage White Potatoes
Beet Salad
Cornbread Butter
Tomato Catsup

Supper

Escalloped Salmon
Baked Apples
Baking Powder Biscuits Butter
Tea Milk

TUESDAY, NOVEMBER 5

Breakfast

Cream of Wheat
Liver and Bacon
Creamed Potatoes
Raised Hominy Muffins Butter
Tea Milk

Dinner

Roast Beef Franconia Potatoes
Stewed Corn Spinach
Bread and Gravy

Supper

Cold Corn Beef
Bread Butter Catsup
Prunes Stewed with Lemon
Tea Milk

WEDNESDAY, NOVEMBER 6

Breakfast

Ralston Breakfast Food
Creamed Fish Baked Potatoes
Bread and Butter
Tea Milk

Dinner

Panned Chicken
Scalloped Onions Boiled Rice
Baked Apples
Bread and Butter
Coffee Jelly with Cream

Supper

Cold Beef
Hashed Brown Potatoes
Stewed Apples Catsup
Bread and Butter
Tea Milk

THURSDAY, NOVEMBER 7

Breakfast

Force
Codfish Cakes Sautéd Mush
Bread and Butter
Tea Milk

Dinner

Cannellon of Beef Brown Sauce
Cabbage au Gratin
Sweet Potatoes Spanish Pickles
Bread and Butter
Pumpkin Pie

Supper

Mutton Curry in Potato Border
Bread and Butter
Baked Apples
Tea Milk

FRIDAY, NOVEMBER 8

Breakfast

Oatmeal
Sautéd Tripe Creamed Potatoes
Bread and Butter
Tea Milk

Dinner

Soup Broiled Ham
Brown Mashed Potatoes
Kidney Beans
Cole Slaw
Bread and Butter

Supper

Rice Baked with Cheese
Stewed Fruit Cookies
Bread and Butter
Tea Milk

SATURDAY, NOVEMBER 9

Breakfast

Farinose
Smoked Sausage
Lyonnaise Potatoes
Bread and Butter
Tea Milk

Dinner

Irish Stew with Dumplings
Canned Corn Fritters
Spinach
Brown Bread and Butter
Brown Betty

Supper

Baked Beans Chow Chow
Bread and Butter
Tea Milk

SUNDAY, NOVEMBER 10

Breakfast

Oatmeal
Scrambled Eggs Sautéd Potatoes
Hot Rolls and Butter
Tea Milk

Dinner

Roast Lamb Mint Sauce
Creamed Turnips Mashed Potatoes
Lettuce Salad
Bread and Butter
Dutch Apple Cake

Supper

Creamed Chipped Beef
Apple Sauce Raisin Cake
Bread and Butter
Chocolate Milk

MONDAY, NOVEMBER 11

Breakfast

Cream of Wheat
Beef Stew Sautéd Mush
Graham Muffins Butter
Tea Milk

Dinner

Baked Ham Cabbage
Potatoes Beet Salad
Cornbread Butter

Supper

Salmon Loaf Prunes
Baking Powder Biscuits Butter
Tea Milk

TUESDAY, NOVEMBER 12

Breakfast

Force
Scrapple Baked Apples
Bread and Butter
Tea Milk

Dinner

Beefsteak with Onions
Baked Potatoes Stewed Tomatoes
Bread and Butter
Baked Apple Dumplings, hard sauce

Supper

Cold Mutton
Bread Butter Catsup
Stewed Fruit
Graham Crackers
Tea Milk

WEDNESDAY, NOVEMBER 13

Breakfast

Oatmeal
Bacon Fried Apples
Fried Hominy
Bread and Butter
Tea Milk

Dinner

Boiled Leg Mutton Capar Sauce
Boiled Rice Turnips
Lettuce, Onion and Pepper Salad
Bread and Butter
Apple Fritters

Supper

Cold Corn Beef
Stewed Fruit Cookies
Bread and Butter
Tea Milk

THURSDAY, NOVEMBER 14

Breakfast

Oatmeal
Creamed Codfish Baked Potatoes
Bread and Butter
Tea Milk

Dinner

Roast Beef
Yorkshire Pudding
Franconia Potatoes
Spinach Coffee Jelly
Bread and Butter

Supper

Mutton Curry in Potato Border
Tomato Catsup Apple Sauce
Emergency Biscuit and Butter
Tea Milk

FRIDAY, NOVEMBER 15

Breakfast

Cream of Wheat
Green Sausage Brown Sauce
Sautéd Hominy
Bread and Butter
Tea Milk

Dinner

Oyster Soup Baked Stuffed Fish
White Potatoes Fried Squash
Bread and Butter Cole Slaw

Supper

Beef and Rice Croquettes
Baked Apples
Bread and Butter
Tea Milk

SATURDAY, NOVEMBER 16

Breakfast

Farinose
Tripe à la Creole
Fried Potatoes
Bread and Butter
Tea Milk

Dinner

Pork Chops Baked Sweet Potatoes
Succotash
Baked Apples Bread and Butter
Cottage Gems Lemon Sauce

Supper

Boston Baked Beans
Brown Bread and Butter
Tea Milk
Spanish Pickles

SUNDAY, NOVEMBER 17

Breakfast

Fruit Oatmeal
Mackerel
Fried Mush Hot Rolls and Butter
Tea Milk

Dinner

Baked Chicken
Chambery Potatoes Celery
Cranberry Sauce Boiled Hominy
Bread and Butter
Chocolate Blanc Mange
Cream

Supper

Creamed Chipped Beef
Doughnuts Bread and Butter
Stewed Fruit
Chocolate

MONDAY, NOVEMBER 18

Breakfast

Oatmeal
Hamburg Steak Boiled Rice
Graham Muffins Butter
Tea Milk

Dinner

Baked Ham
Boiled Cabbage White Potatoes
Boiled Beets Horse Radish
Cornbread Pickles

Supper

Sautéd Bologna Creamed Potatoes
Baking Powder Biscuits and Butter
Fruit
Tea Milk

TUESDAY, NOVEMBER 19

Breakfast

Hominy Grits Kidney Stew
Hashed Brown Potatoes
Bread and Butter
Tea Milk

Dinner

Veal Cutlets
Sweet Potato Puff
Turkish Pilaf Horseradish
String Bean Salad
Bread and Butter
Steamed Indian Pudding Hard Sauce

Supper

Escalloped Rice with Cheese
Stewed Fruit Bread and Butter
Tea Milk
Cookies

WEDNESDAY, NOVEMBER 20

Breakfast

Cream of Wheat
Green Sausage Corn Cakes
Bread and Butter
Tea Milk

Dinner

Boned Leg of Mutton Stuffed
Mashed Turnips Boiled Rice
Potatoes Tapioca Custard
Bread and Gravy

Supper

Creamed Salmon
Baked Potatoes Fruit
Bread and Butter
Tea Milk

THURSDAY, NOVEMBER 21

Breakfast

Oatmeal
Warmed over Lamb
French Fried Potatoes
Bread and Butter
Tea Milk

Dinner

Roast Beef
Franconia Potatoes
Tomatoes Corn
Bread and Butter
Junket Custard with Cream

Supper

Deviled Ham
Cold Rice Pudding
Bread and Butter
Tea Milk

FRIDAY, NOVEMBER 22

Breakfast

Force
Creamed Chipped Beef
Baked Potatoes
Bread and Butter
Tea Milk

Dinner

Soup
Stuffed Baked Fish
Potatoes Kidney Beans

Cole Slaw
Bread and Butter

Supper

Baked Hash Tomato Sauce
Stewed Prunes
Bread and Butter
Tea Milk

SATURDAY, NOVEMBER 23

Breakfast

Hominy Grits Small Fish
Corn Gems Butter
Tea Milk

Dinner

Beef à la Mode
Mashed Potatoes
Onion Salad Bread and Butter
Prune Loaf

Supper

Baked Beans
Brown Bread Butter
Tea Milk

SUNDAY, NOVEMBER 24

Breakfast

Oatmeal
Sautéd Liver Creamed Potatoes
Hot Rolls and Butter
Tea Milk

Dinner

Brown Fricassee Chicken
Lettuce and Celery Salad
Sweet Potato Croquettes
Creamed Onions Mayonnaise Dressing
Chocolate Bread Pudding
Vanilla Sauce

Supper

Calf's Head Salad
Stewed Fruit Cinnamon Buns
Bread and Butter
Cocoa

MONDAY, NOVEMBER 25

Breakfast

Cream of Wheat
Scrapple Baked Apples
Bread and Butter
Tea Milk

Dinner

Baked Ham
Boiled Cabbage Boiled Potatoes
Cornbread Butter
Catsup Beet Salad

Supper

Salmon Croquettes
Stewed Prunes
Baking Powder Biscuits and Butter
Tea Milk

TUESDAY, NOVEMBER 26

Breakfast

Farinose
Green Sausage Apple Sauce
Corn Gems Butter
Tea Milk

Dinner

Stuffed Shoulder of Veal
Mashed Potatoes Tomatoes
Bread and Gravy
Suet Pudding with Hard Sauce

Supper

Cold Sliced Ham
Stewed Fruit Bread and Butter
Tea Milk
Cookies

WEDNESDAY, NOVEMBER 27

Breakfast

Oatmeal
Ragout of Veal
Baked Potatoes Bread and Butter
Tea Milk

Dinner

Boiled Leg Mutton
Mint Sauce Mashed Turnips
Boiled Rice Banana Fritters
Bread and Butter

Supper

Cheese Croquettes
Stewed Fruit Bread and Butter
Tea Milk
Hermits

THURSDAY, NOVEMBER 28

Breakfast

Sliced Oranges
Hamb'g Steak Hashed Brown Potatoes
Bread and Butter
Tea Milk

Dinner

Soup
Roast Turkey Giblet Sauce
Cranberry Jelly
Potato Croquettes Creamed Onions
Raisin, Squash Souffle, Nuts
Bread and Butter
Caramel Ice Cream

Supper

Cold Mutton
Long Baked Apples
Bread and Butter Chocolate

FRIDAY, NOVEMBER 29

Breakfast

Force
Codfish Balls Tomato Sauce
Bread and Butter
Tea Milk

Dinner

Beef Stew with Dumplings
Mashed Potatoes
Canned Corn Bread and Butter
Lemon Jelly

Supper

Salmon Salad
Apple Sauce Bread and Butter
Tea Milk

SATURDAY, NOVEMBER 30

Breakfast

Breakfast Hominy
Green Sausage Fried Apples
Potatoes Bread and Butter
Tea Milk

Dinner

Turkey Stew
Cranberry Sauce
Sweet Potatoes Canned Peas
Bread and Butter
Blanc Mange and Cream

Supper

Sautéd Bologna Mush with Milk
Biscuits and Butter Tea and Milk

SUNDAY, DECEMBER 1

Breakfast

Oatmeal

Boil'd Mackerel Ordi'ry Fried Potatoes
Hot Rolls and Butter
Tea Milk

Dinner

Roast Beef Yorkshire Pudding
Franconia Potatoes Creamed Onions
Lettuce and Celery Salad
Bread and Butter
Fruit Jelly

Supper

Veal Loaf

Canned Cherries Chocolate Cake
Bread and Butter Cocoa

MONDAY, DECEMBER 2

Breakfast

Cream of Wheat

Scrapple

Baked Apples Bread and Butter
Tea Milk
Wheat Muffins

Dinner

Broiled Ham Cabbage
White Potatoes
Home-made Pickles
Cornbread Butter

Supper

Minced Beef on Toast
Stewed Fruit
Emergency Biscuit Butter
Tea Milk

TUESDAY, DECEMBER 3

Breakfast

Oatmeal

Fried Liver and Bacon
Hashed Brown Potatoes
Bread and Butter
Tea Milk

Dinner

Roast Mutton Mint Jelly
Boiled Rice Creamed Turnips
Onion and Pepper Salad Bread and
Gravy
St. James Pudding Sterling Sauce

Supper

Cold Sliced Ham
Philadelphia Relish Prunes
Whole Wheat Bread and Butter
Tea Milk

WEDNESDAY, DECEMBER 4

Breakfast

Cream of Wheat

Brown Kidney Stew on Toast
Bread and Butter Baked Potatoes
Tea Milk

Dinner

Pot Roast of Beef
Macaroni with Cheese
Scalloped Tomatoes
Bread and Butter
Banana Fritters and Sauce

Supper

Rice Croquettes
Apple Grape Marmalade
Baking Powder Biscuits with Butter
Tea Milk

THURSDAY, DECEMBER 5

Breakfast

Oatmeal

Creamed Beef Potato Cakes
Bread and Butter
Tea Milk

Dinner

Beef Steak with Onions
Baked Potatoes
Creamed Salsify Bread and Butter
Steamed Chocolate Pudding
Cream Sauce

Supper

Cold Sliced Beef
Lyonnaise Potatoes
Long Baked Apples
Bread and Butter
Tea Milk

FRIDAY, DECEMBER 6

Breakfast

Farinose

Bacon Sautéd Mush
Apple Sauce
Bread and Butter
Tea Milk

Dinner

Vegetable Soup
Fried Fish Hollandaise Sauce
Baked Potatoes
Kidney Beans
Cole Slaw with Boiled Dressing
Bread and Butter

Supper

Sautéd Bologna Rice Pudding
Bread and Butter
Tea Milk

SATURDAY, DECEMBER 7

Breakfast

Oatmeal

Green Sausage Brown Sauce
Boiled Hominy Bread and Butter
Tea Milk

Dinner

Roast Beef Brown Gravy
Franconia Potatoes Creamed Cabbage
Rice Lettuce

Bread

Supper

Baked Beans
Boston Brown Bread
Pickles Butter
Tea Milk

SUNDAY, DECEMBER 8

Breakfast

Oranges
Cream of Wheat
Hamburg Steak Brown Gravy
Fried Hominy
Rolls and Butter
Tea Milk

Dinner

Roast Chicken Giblet Gravy
Cranberry Sauce
Mashed Potatoes Creamed Carrots
Bread and Butter
Mince Pie

Supper

Cold Sliced Beef
Potato Salad
Hermits Bread and Butter
Tea Milk

MONDAY, DECEMBER 9

Breakfast

Oatmeal Baked Apples
Tripe with Onion and Pepper
Plain Fried Potatoes Bread and Butter
Tea Milk

Dinner

Broiled Ham Hashed Brown Potatoes
Kale Home-made Pickles
Cornbread Butter

Supper

Creamed Chipped Beef
Baking Powder Biscuits
Butter Fruit
Tea Milk

TUESDAY, DECEMBER 10

Breakfast

Ralston Food
Breakfast Bacon Fried Apples
Bread and Butter
Tea Milk

Dinner

Cannelon of Beef Tomato Sauce
Sweet Potatos
Lima Beans Bread and Butter
Prune Loaf with Lemon Sauce

Supper

Escalloped Salmon Stewed Fruit
Bread and Butter
Tea Milk
Peanut Cookies

WEDNESDAY, DECEMBER 11

Breakfast

Oatmeal
Scrapple Stewed Prunes
Bread and Butter
Tea Milk

Dinner

Roast of Beef
Gravy Scalloped Potatoes
String Beans
Lettuce Salad
Crackers and Cheese Bread

Supper

Franklin Sausage Boiled Rice
Raisin Sauce
Hot Biscuits Butter
Tea Milk

THURSDAY, DECEMBER 12

Breakfast

Cream of Wheat with Dates
Codfish Balls Tomato Sauce
Bread and Butter
Tea Milk

Dinner

Chicken Pie with Fresh Pork
Carrots and Peas
Mashed Potatoes Harvard Beets
Bread and Butter
Junket

Supper

Minced Beef on Toast
Stewed Fruit Bread and Butter
Tea Milk

FRIDAY, DECEMBER 13

Breakfast

Oatmeal
Fresh Sausage Hashed Brown Potatoes
Apple Sauce Bread and Butter
Tea Milk

Dinner

Fish Chowder Succotash
Bacon and Fried Oysters
Philadelphia Relish
Potato au Gratin
Bread and Butter

Supper

Chartreuse of Rice and Meat
Stewed Peaches
Bread and Butter
Tea Milk

SATURDAY, DECEMBER 14

Breakfast

Force
Creamed Fish Baked Potatoes
Bread and Butter
Tea Milk

Dinner

Roast Pork Apple Sauce
Boiled Potatoes Browned Parsnips
Home-made Pickles
Bread and Gravy

Supper

Baked Beans
Boston Brown Bread Butter
Pickles
Tea Milk

Breakfast

Dinner

Supper

MONDAY, DECEMBER 16

Breakfast

Dinner

Supper

THURSDAY, DECEMBER 19

Breakfast

Dinner

Supper

TUESDAY, DECEMBER 17

Breakfast

Dinner

Supper

FRIDAY, DECEMBER 20

Breakfast

Dinner

Supper

SATURDAY, DECEMBER 21

Breakfast

Dinner

Supper

Boston	Baked Beans	Butter
Brown	Bread	
	Pickles	
Tea		Milk

WEDNESDAY, DECEMBER 18

Breakfast

Dinner

Supper

Sautéd Bologna	Potato Omelet
Bread and Butter	Stewed Fruit
Tea	Milk

SUNDAY, DECEMBER 22

Breakfast

Oatmeal
Mutton Chops
Potato Cakes

Hot Rolls
Tea

Butter
Milk

Dinner

Roast Beef and Gravy
Franconia Potatoes
Canned Corn Bread
Lettuce and Celery Salad
Mayonnaise (Teachers)
Apply Jelly Coffee Bavarian Cream

Supper

Potato Salad
Canned Peaches
Jelly Cake Bread and Butter
Chocolate

MONDAY, DECEMBER 23

Breakfast

Ralston Food
Hamburg Steak Brown Gravy
Bread and Butter
Tea and Milk

Dinner

Broiled Ham Mashed Potatoes
Hot Slaw Corn Bread
Butter Rice Pudding

Supper

Beef Hash Baked with Peppers
Stewed Fruit
Baking Powder Biscuits and Butter
Tea Milk

TUESDAY, DECEMBER 24

Breakfast

Cream of Wheat
Kidney Stew on Toast
Baked Potatoes
Bread Butter
Tea Milk

Dinner

Pot Roast of Beef
Boiled Hominy
Stewed Tomatoes Bread and Butter
Suet Pudding Hard Sauce

Supper

Cold Sliced Ham
Stewed Fruit
Emergency Biscuit Butter
Tea Milk

WEDNESDAY, DECEMBER 25

Breakfast

Sliced Bananas Cream of Wheat
Codfish Balls Tomato Sauce
Hot Rolls and Butter
Tea Milk

Dinner

Consommé Roast Turkey
Cranberry Sauce Sweet Potato Puff
Stewed Celery
Bread Butter
Mince Pie Nuts and Raisins

Supper

Cold Cheese Stewed Prunes
Bread and Butter
Chocolate

THURSDAY, DECEMBER 26

Breakfast

Hominy Grits
Green Sausage Griddle Cakes
Tea Butter Milk

Dinner

Roast Beef
Tomatoes Boiled Hominy
Baked Sweet Potatoes
Bread and Butter
Apricot Short Cake Vanilla Sauce

Supper

Grilled Sardines Brown Bread
Stewed Fruit
Cookies Bread Butter
Tea Milk

FRIDAY, DECEMBER 27

Breakfast

Oatmeal
Bacon with Tomatoes
Hot Rolls Butter
Tea Milk

Dinner

Boned Leg of Mutton
Buttered Parsnips
Spinach
Mashed Potatoes Bread and Butter

Supper

Hominy Croquettes
Stewed Peaches
Bread and Butter
Tea Milk
Cookies

SATURDAY, DECEMBER 28

Breakfast

Oatmeal
Liver and Bacon
Fried Potatoes Bread and Butter
Tea Milk

Dinner

Pork Chops
Baked Apples Hominy Croquettes
Creamed Cabbage
Beet Salad Bread and Butter

Supper

Baked Beans
Boston Brown Bread Butter
Pickles
Tea Milk

SUNDAY, DECEMBER 29

Breakfast

Cream of Wheat
Hamburg Steak
Tomato Sauce Rolls Butter
Tea Milk

Dinner

Brown Fricassee of Chicken
Sweet Potato Puff
Creamed Onions Tomatoes
Lettuce Salad Bread and Butter
English Plum Pudding, Hard Sauce

Supper

Creamed Chipped Beef
Canned Peaches
Gingerbread Bread and Butter
Chocolate

MONDAY, DECEMBER 30

Breakfast

Ralston Food
Scrapple
Creamed Potatoes Bread and Butter
Tea Milk

Dinner

Baked Ham Cabbage
Boiled Potatoes
Beet Salad Catsup
Cornbread Butter

Supper

Oyster Stew
Prunes
Philadelphia Relish
Baking Powder Biscuits Butter
Tea Milk

TUESDAY, DECEMBER 31

Breakfast

Oatmeal
Green Sausage Lyonnaise Potatoes
Bread and Butter Tea Milk

Dinner

Roast Beef Brown Gravy
Baked Potatoes
Browned Parsnips
Lettuce and Pepper Salad
Bread and Butter
Lemon Jelly with Bananas
Cream

Supper

Rice with Cheese
Apricot Marmalade Bread and Butter
Tea Milk

WEDNESDAY, JANUARY 1

Breakfast

Force
Broiled Ham French Toast
Bread and Butter Tea Milk

Dinner

Roast Leg of Mutton
Mint Jelly
Mashed Potatoes Creamed Turnips
Lettuce Salad Bread and Butter

Supper

Cold Sliced Beef
Blanc Mange
Bread and Butter
Tea Milk

THURSDAY, JANUARY 2

Breakfast

Cream of Wheat with Dates
Codfish Balls Tomato Sauce
Bread Butter
Tea and Milk

Dinner

Pork Chops
Apple Jelly
Hominy Croquettes Scalloped Cabbage
Bread Onions Gravy
Orange Short Cake Lemon Sauce

Supper

Cold Sliced Mutton
Canned Pineapple
Bread and Butter Tea Milk
Gingerbread

FRIDAY, JANUARY 3

Breakfast

Cream of Wheat
Green Sausage Corn Cakes
Butter Tea Milk

Dinner

Soup Croutons Fried Sea Trout
Lemon Garnish Potato à l'Antlers
Kidney Beans Lettuce Salad
Bread and Butter

Supper

Escalloped Lamb
Stewed Fruit Bread and Butter
Tea Milk

SATURDAY, JANUARY 4

Breakfast

Ralston Food Bacon and Apples
Fried Hominy Grits
Bread and Butter
Tea Milk

Dinner

Beef à la Mode Mashed Potatoes
Peas Onions and Pepper Salad
Bread and Butter
Chocolate Blanc Mange

Supper

Baked Beans Pickles
Brown Bread Butter
Tea Milk

SUNDAY, JANUARY 5

Breakfast

Cream of Wheat Boiled Mackerel
Sautéd Mush
Hot Rolls and Butter
Tea Milk

Dinner

Fricassee of Chicken Cranberry Sauce
Sweet Potatoes Sautéd Squash
Bread and Gravy
Pineapple Bavarian Cream

Supper

Meat Salad Peaches
Bread and Butter
Raisin Cake Cocoa

MONDAY, JANUARY 6

Breakfast

Oatmeal
Hamburg Steak Brown Sauce
Bread and Butter
Tea Milk

Dinner

Baked Ham
Parsnips Kale
Baked Potatoes Corn Bread

Supper

Salmon Loaf White Sauce
Stewed Fruit
Baking Powder Biscuit Butter
Tea Milk

TUESDAY, JANUARY 7

Breakfast

Cream of Wheat
Larded Liver Hashed Brown Potatoes
Bread and Butter
Tea Milk

Dinner

Roast Beef and Gravy
Boiled Hominy
Creamed Salsify Bread
String Bean Salad
Caramel Junket

Supper

Cold Sliced Ham
Canned Apples Bread and Butter
Tea Milk

WEDNESDAY, JANUARY 8

Breakfast

Oatmeal
Green Sausage
Lyonnais Potatoes Bread and Butter
Tea Milk

Dinner

Braised Leg of Mutton
Creamed Carrots Turnips Mashed
Mashed Potatoes Bread and Butter
Banana Fritters and Sauce

Supper

Minced Beef on Toast
Prunes Jellied with Nuts
Bread and Butter
Tea Milk

THURSDAY, JANUARY 9

Breakfast

Ralston Food
Fried Tripe Potatoes à l'Antlers
Bread and Butter
Tea Milk

Dinner

Beefsteak with Onions
Baked Potatoes
Stewed Tomatoes Bread and Butter
Prune Loaf Lemon Sauce

Supper

Cold Mutton Boiled Rice
Apricots Bread and Butter
Tea Milk

FRIDAY, JANUARY 10

Breakfast

Cereal with Dates Fried Scrapple
Bread and Butter
Tea Milk

Dinner

Soup and Crackers
Baked Haddock (Stuffed)
Tartare Sauce
Mashed Potatoes Sautéd Egg Plant
Cress Salad
Bread and Butter

Supper

Creamed Chipped Beef
Stewed Apricots Bread and Butter
Tea Milk

SATURDAY, JANUARY 11

Breakfast

Cream of Wheat
Mutton Chops Sautéd Potatoes
Bread and Butter
Tea Milk

Dinner

Fricassee of Veal
Boiled Rice Creamed Salsify
Cold Slaw with Boiled Dressing
Bread and Butter
Tapioca Custard

Supper

Baked Beans
Brown Bread Pickles
Butter
Tea Milk

SUNDAY, JANUARY 12

Breakfast

Oatmeal

Boiled Mackerel Fried Mush
Hot Rolls and Butter
Tea Milk

Dinner

Baked Chicken
Sweet Potato Puff Sautéd Squash
Cranberry Sauce
Bread and Gravy
Fruit Jelly

Supper

Apple Lettuce and Celery Salad
Peaches
Bread and Butter
Chocolate Gingerbread

MONDAY, JANUARY 13

Breakfast

Cream of Wheat
Kidney Stew Baked Potatoes
Bread and Butter Tea Milk

Dinner

Baked Ham Baked Potatoes
Macaroni Croquettes
Corn Bread Hot Slaw

Supper

Sautéd Bologna Boiled Rice
Raisin Sauce
Biscuits and Butter Tea and Milk

TUESDAY, JANUARY 14

Breakfast

Hominy Grits Tea Milk
Creamed Chipped Beef
Lyonnaise Potatoes
Bread and Butter

Dinner

Roast Beef
Baked Potatoes Spinach
Corn
Bread and Gravy
Caramel Junket
Cream

Supper

Cold Sliced Ham Catsup
Bread and Butter
Pears Tea Milk

WEDNESDAY, JANUARY 15

Breakfast

Oatmeal Tea and Milk
Cecils with Tomato Sauce
Bread and Butter

Dinner

Irish Stew with Dumplings
Canned Peas
Spiced Pears
Bread and Butter
Lemon Jelly
Cream

Supper

Minced Beef on Toast
Canned Fruit
Bread and Butter Tea and Milk

THURSDAY, JANUARY 16

Breakfast

Farinose
Codfish Balls Tomato Sauce
Bread and Butter
Tea Milk

Dinner

Boiled Leg of Mutton Capers Sauce
Boiled Rice
Creamed Onions Pickles
Bread and Butter
Mince Pie

Supper

Prune Loaf
Cold Cheese Bread and Butter
Tea and Milk

FRIDAY, JANUARY 17

Breakfast

Oatmeal
Breakfast Bacon Apple Sauce
Lyonnaise Potatoes
Bread and Butter
Tea Milk

Dinner

Tomato Bisque
Baked Fish Sauce Hollandaise
Mashed Potatoes
Kidney Beans
Cole Slaw with Boiled Dressing
Bread and Butter

Supper

Cold Mutton
Boiled Hominy Canned Fruit
Bread and Butter
Tea Milk

SATURDAY, JANUARY 18

Breakfast

Force
Liver and Bacon Hominy Grits
Bread and Butter
Tea Milk

Dinner

Meat Pie
Egg Plant Stewed Tomatoes
Bread and Butter
Chocolate Blanc Mange
Cream

Supper

Baked Beans
Brown Bread Spanish Pickles
Butter Tea Milk

SUNDAY, JANUARY 19

Breakfast

Oatmeal
Boiled Mackerel Sautéd Mush
Rolls and Butter
Tea Milk

Dinner

Brown Fricassee of Chicken
Sweet Potatoes Baked Onions
Lettuce and Celery Salad
Swedish Rosettes with Preserves and Cream

Supper

Potato Salad Canned Peaches
Fig Bars
Bread and Butter Cocoa

MONDAY, JANUARY 20

Breakfast

Hominy Grits Philadelphia Scrapple
Fried Bananas Bread
Butter Tea Milk

Dinner

Corned Beef Kale
Potatoes Pickled Beets
Cornbread Butter

Supper

Salmon Cutlets
Baking Powder Biscuit
Crab-apple Marmalade
Butter Tea Milk

TUESDAY, JANUARY 21

Breakfast

Oatmeal
Green Sausage Lyonnaise Potatoes
Bread and Butter
Tea Milk

Dinner

Roast Leg of Mutton Capers Sauce
Boiled Rice Stewed Turnips
Bread and Butter
Bread Pudding Vanilla Sauce

Supper

Cold Corn Beef Potato Chips
Stewed Peaches Bread and Butter
Tea Milk

WEDNESDAY, JANUARY 22

Breakfast

Ralston Food
Fried Tripe Bread and Butter
Tea Milk

Dinner

Roast Pork Baked Sweet Potatoes
Sauerkraut
Bread and Gravy
Boiled Hominy

Supper

Mutton Timbales Fruit
Bread and Butter
Milk Tea
Crackers

THURSDAY, JANUARY 23

Breakfast

Oatmeal
Hamburg Steak Brown Sauce
Lyonnaise Potatoes
Bread and Butter
Tea Milk

Dinner

Roast Beef Franconia Potatoes
Sautéd Parsnips
Spinach Apple Pie

Cheese
Bread and Gravy

Supper

Cold Roast Pork Bread and Butter
Stewed Prunes with Lemon
Tea Milk

FRIDAY, JANUARY 24

Breakfast

Cream of Wheat Scrapple
Fried Apples Bread
Butter Milk

Dinner

Vegetable Soup Hollenden Halibut
Baked Potatoes
Kidney Beans Philadelphia Relish
Bread and Butter

Supper

Rice and Beef Croquettes Tea
Bread and Butter
Canned Cherries Milk

SATURDAY, JANUARY 25

Breakfast

Hominy Grits Liver and Bacon
Hashed Browned Potatoes
Bread and Butter
Tea Milk

Dinner

Pot Roast of Beef Lima Beans
Baked Macaroni with Cheese
Lettuce Salad Bread and Butter

Supper

Baked Beans
Brown Bread Butter Pickles
Tea Milk

SUNDAY, JANUARY 26**Breakfast**

Force with Bananas
 Baked Beans Fish Balls
 Hot Rolls and Butter
 Tea Milk

Dinner

Salmi of Duck
 Mashed Potatoes Sautéd Egg Plant
 Orange Cress Salad
 Bread and Gravy
 Coffee Jelly

Supper

Creamed Toast
 Stewed Fruit
 Bread Butter
 Cheese
 Raisin Cake
 Cocoa

MONDAY, JANUARY 27**Breakfast**

Cream of Wheat
 Mutton Chops French Fried Potatoes
 Muffins and Butter
 Tea Milk

Dinner

Baked Ham Boiled Potatoes
 Cabbage
 Harvard Beets Cornbread
 Butter

Supper

Creamed Salmon Canned Fruit
 Baking Powder Biscuit and Butter
 Tea Milk

TUESDAY, JANUARY 28**Breakfast**

Ralston Food
 Bacon with Tomatoes
 Bread and Butter
 Tea Milk

Dinner

Roast Mutton Capers Sauce
 Baked Potatoes Stewed Peas
 Lettuce Salad Bread and Gravy
 Peach Tapioca

Supper

Cold Ham
 Bread and Butter Tea Milk
 Fruit Hermets

WEDNESDAY, JANUARY 29**Breakfast**

Oatmeal
 Boiled Mackerel Baked Potatoes
 Bread and Butter
 Tea Milk

Dinner

Roast Beef Boiled Hominy
 Parsnip Fritters
 Spinach
 Bread and Butter
 Lemon Jelly

Supper

Cold Sliced Mutton
 French Fried Potatoes
 Stewed Apricots Bread and Butter
 Tea Milk

THURSDAY, JANUARY 30**Breakfast**

Hominy Grits Hamburg Steak
 Brown Sauce Hashed Brown Potatoes
 Rolls and Butter
 Tea Milk

Dinner

Irish Stew with Dumplings
 Mashed Potatoes
 Lettuce, Onion and Pepper Salad
 Bread and Butter
 Suet Pudding Hard Sauce

Supper

Boiled Pig's Feet
 Boiled Mush Bread and Butter
 Tea Milk

FRIDAY, JANUARY 31**Breakfast**

Cream of Wheat
 Green Sausage Lyonnaise Potatoes
 Bread and Butter
 Tea Milk

Dinner

Soup Croutons
 Turbans of Flounder
 Scalloped Tomatoes Kidney Beans
 Cole Slaw Boiled Dressing
 Bread and Butter

Supper

Minced Beef on Toast
 Stewed Fruit Bread Butter
 Tea Milk

SATURDAY, FEBRUARY 1**Breakfast**

Oatmeal
 Scrapple Apple Sauce
 Bread and Butter
 Tea Milk

Dinner

Stuffed Shoulder of Veal
 Mashed Turnips
 Potatoes Tomatoes
 Bread and Gravy

Supper

Baked Beans Brown Bread
 Pickles
 Tea Milk

SUNDAY, FEBRUARY 2

Breakfast

Sliced Bananas	Liver and Bacon
Hot Rolls	Butter
Tea	Milk

Dinner

Fricassee of Chicken	Giblet Sauce
Sautéd Egg Plant	Bread
Sweet Potato Puff	
Lettuce and Celery Salad	
Lemon Jelly	

Supper

Chipped Beef	Oatmeal Cookies
	Chocolate
	Bread and Butter

MONDAY, FEBRUARY 3

Breakfast

Hominy Grits	Hamburg Steak	Milk
Hashed Brown Potatoes		Tea
Muffins and Butter		

Dinner

Baked Ham	Boiled Cabbage
	Beet Salad
Boiled Potatoes	Butter
Cornbread	

Supper

Salmon Cutlets	
Canned Cherries	
Baking Powder Biscuit	
Tea	Milk

THURSDAY, FEBRUARY 6

Breakfast

Hominy Grits	Tripe in Batter
	Potato Cakes
Bread	Butter
Tea	Milk

Dinner

Roast Beef	Corn
	Baked Potatoes
	Spinach
	Bread and Butter
	Prune Loaf
	Lemon Sauce

Supper

Mutton Curry in Rice Border	
Stewed Apricots	
Bread and Butter	
Tea	Milk

TUESDAY, FEBRUARY 4

Breakfast

	Oatmeal
Mackerel	Fried Mush
	Bread and Butter
Tea	Milk

Dinner

Cannelon of Beef	Brown Sauce
Stewed Corn	Tomatoes
Macaroni	Coffee Jelly
Corn Salad	

Supper

Cold Sliced Ham	Lyonnaise Potatoes
	Bread and Butter
Tea	Milk

FRIDAY, FEBRUARY 7

Breakfast

	Ralston Food
Sautéd Scrapple	Apple Sauce
	Rolls and Butter
Tea	Milk

Dinner

Soup	Croutons
	Baked Stuffed Haddock
	Hollandaise Sauce
Mashed Potatoes	Succotash
	Philadelphia Relish
Bread	Butter

Supper

Meat Salad	Prunes
Bread	Butter
Tea	Milk

SATURDAY, FEBRUARY 8

Breakfast

	Cereal
	Liver and Bacon
	Lyonnaise Potatoes
	Bread and Butter
Tea	Milk

Dinner

Beefsteak and Onions
Baked Potatoes
Stewed Tomatoes
Bread and Butter
Chocolate Bread Pudding
Vanilla Sauce

Supper

Baked Beans	Brown Bread
	Pickles
Tea	Milk

WEDNESDAY, FEBRUARY 5

Breakfast

Cream of Wheat	Green Sausage
	Baked Apples
	Bread and Butter
Tea	Milk

Dinner

Roast Mutton	Carrots and Peas
Mashed Potatoes	Turnips
Bread and Butter	

Supper

Grilled Sardines	Blanc Mange
	Bread and Butter
Tea	Milk

SUNDAY, FEBRUARY 9**Breakfast**

Sliced Bananas	Boiled Mackerel
Fried Mush	
Rolls	Butter
Tea	Milk

Dinner

Roast Chicken	Grape Jelly
Rice Croquettes	
Creamed Salsify	Cress Salad
Bread and Butter	
Cheese	
Apple Pie	

Supper

Smoked Sausage	Chocolate
Cold Rice Pudding	
Bread and Butter	
Ginger Cookies	

MONDAY, FEBRUARY 10**Breakfast**

Oatmeal	
Bacon and Eggs	Milk
French Fried Potatoes	
Tea	Milk
Bread and Butter	

Dinner

Baked Ham	Boiled Cabbage
White Potatoes	
Stewed Tomatoes	
Cornbread	Butter

Supper

Calf's Head Salad	
Baking Powder Biscuit	Butter
Tea	Milk

TUESDAY, FEBRUARY 11**Breakfast**

Baked Potatoes	
Cream of Wheat	Creamed Codfish
Bread and Butter	
Tea	Milk

Dinner

Boiled Mutton	Caper Sauce
Mashed Potatoes	Creamed Turnips
Bread and Butter	
Lettuce and Onion Salad	
Suet Pudding	Hard Sauce

Supper

Creamed Salmon	Stewed Pears
Bread and Butter	
Tea	Milk

WEDNESDAY, FEBRUARY 12**Breakfast**

Oatmeal	
Santéd Tripe	Creamed Potatoes
Bread and Butter	
Tea	Milk

Dinner

Roast Beef	Franconia Potatoes
Boiled Hominy	
String Bean Salad	Gravy
Bread	Junket

Supper

Cold Sliced Ham	Canned Peaches
Bread and Butter	
Tea	Milk
Gingerbread	

THURSDAY, FEBRUARY 13**Breakfast**

Corn Flakes	
Liver and Bacon	Lyonnaise Potatoes
Bread and Butter	
Tea	Milk

Dinner

Veal Cutlets	Brown Sauce
Mashed Potatoes	Creamed Carrots
Scalloped Tomatoes	
Bread and Butter	
Cottage Pudding	Lemon Sauce

Supper

Cold Mutton	Boiled Rice
Apricots	Bread and Butter
Tea	Milk

FRIDAY, FEBRUARY 14**Breakfast**

Breakfast Hominy	Boiled Ham
Tea	Milk
French Toast and Butter	

Dinner

Vegetable Soup	Crackers
Baked Potatoes	
Finnan Haddie	White Sauce
Kidney Beans	
Cole Slaw	Boiled Dressing
Bread and Butter	

Supper

Dried Apples	Cold Roast Beef
Tea	Milk
Hashed Brown Potatoes	
Bread and Butter	

SATURDAY, FEBRUARY 15**Breakfast**

Cream of Wheat	Green Sausage
Santéd Potatoes	
Bread and Butter	
Tea	Milk

Dinner

Pot Roast of Beef	
Delmonico Potatoes	Fried Egg Plant
Stewed Corn	
Home-made Pickles	Bread and Butter
Tapioca Custard	

Supper

Baked Beans	
Boston Brown Bread	
Pickles	
Butter	Tea
	Milk

SUNDAY, FEBRUARY 16

Breakfast

Sliced Oranges	Ralston Food
Boiled Mackerel	Fried Mush
Hot Rolls and Butter	
Tea	Milk

Dinner

Maryland Chicken	Giblet Sauce
Chambery Potatoes	
Parsnip Fritters	
Lettuce and Celery Salad	
Bread and Butter	
Snow Pudding	Soft Custard

Supper

Cold Beef	
Stewed Peaches	Raisin Cake
Bread and Butter	
Chocolate	

MONDAY, FEBRUARY 17

Breakfast

Oatmeal	
Hamburg Steak	Tomato Sauce
Bread and Butter	
Tea	Milk

Dinner

Spare Ribs	
Sour Kraut	Mashed Potatoes
Beet Salad	
Bread and Butter	Rice Pudding

Supper

Braised Ox Joint	
Baking Powder Biscuit	
Chipped Pears	Butter
Tea	Milk

TUESDAY, FEBRUARY 18

Breakfast

Cream of Wheat	
Scrapple	
Baked Apples	Bread and Butter
Tea	Milk

Dinner

Beefsteak with Onions	
Baked Potatoes	Stewed Tomatoes
Bread and Gravy	
Steamed Indian Pudding	Hard Sauce

Supper

Cold Roast Pork	Canned Pears
Bread and Butter	
Tea	Milk
Fig Bars	

WEDNESDAY, FEBRUARY 19

Breakfast

Farinose	
Fried Catfish	Potato Cakes
Bread and Butter	
Tea	Milk

Dinner

Roast Mutton	Caper Sauce
Boiled Rice	Turnips
Bread and Butter	
Banana Fritters	

Supper

Creamed Chipped Beef	
Hashed Brown Potatoes	
Stewed Fruit	Bread and Butter
Tea	Milk

THURSDAY, FEBRUARY 20

Breakfast

Oatmeal	
Liver and Bacon	Lyonnaise Potatoes
Bread and Butter	
Tea	Milk

Dinner

Irish Stew	Dumplings	Fried Egg Plant
Bread and Butter		
Bread Pudding	Vanilla Sauce	

Supper

Mutton Curry	Stewed Apricots
Baking Powder	Biscuit
Tea	Milk

FRIDAY, FEBRUARY 21

Breakfast

Cream of Wheat	Green Sausage
Potatoes	
Rolls	Butter
Tea	Milk

Dinner

Soup with Crackers	Baked Haddock
Sauce Tartare	
Mashed Potatoes	
Kidney Beans	
Cole Slaw	Boiled Dressing
Bread and Butter	

Supper

Sautéd Bologna	Bread and Butter
Rice Pudding	Raisin Sauce
Tea	Milk

SATURDAY, FEBRUARY 22

Breakfast

Oatmeal	
Kidney Stew	Baked Potatoes
Bread and Butter	
Tea	Milk

Dinner

Roast Beef	Boiled Hominy
Franconia Potatoes	
String Bean Salad	Bread and Gravy

Supper

Baked Beans	
Brown Bread	Pickles
Butter	
Tea	Milk

SUNDAY, FEBRUARY 23

Breakfast

Sliced Bananas Codfish Balls
Baked Beans
Hot Rolls and Butter
Tea Milk

Dinner

Brown Fricassee of Chicken
Cranberry Sauce
Special Baked Potatoes
Creamed Salsify Bread and Butter
Cup Custard

Supper

Apple and Date Salad
Cold Cheese
Bread and Butter Gingerbread
Cocoa

MONDAY, FEBRUARY 24

Breakfast

Oatmeal
Bacon and Tomatoes Wheat Muffins
Butter
Tea Milk

Dinner

Baked Ham Mashed Potatoes
Stewed Corn
Spinach
Bread and Butter
Rice Pudding

Supper

Browned Hash with Peppers
Stewed Prunes
Baking Powder Biscuits
Butter
Tea Milk

TUESDAY, FEBRUARY 25

Breakfast

Hominy Grits
Scrapple Fried Apples
Bread and Butter
Tea Milk

Dinner

Roast Mutton Mint Sauce
Boiled Rice
Mashed Turnips Cress Salad
Bread and Butter
Caramel Junket Cream

Supper

Cold Ham Sautéd Potatoes
Canned Pears
Bread and Butter Tea and Milk

WEDNESDAY, FEBRUARY 26

Breakfast

Farinose Sautéd Tripe
Hashed Browned Potatoes
Bread and Butter
Tea Milk

Dinner

Cannelon of Beef Tomato Sauce
White Potatoes
Cabbage au Gratin
String Bean Salad
Whole Wheat Bread and Butter
Chocolate Blanc Mange

Supper

Mutton Timbals Canned Cherries
Baking Powder Biscuit and Butter
Tea Milk

THURSDAY, FEBRUARY 27

Breakfast

Cream of Wheat with Dates
Hominy Grits
Hamburg Steak with Salt Pork
Bread and Butter
Tea Milk

Dinner

Roast Pork
Boiled Hominy with Beans
Sweet Potatoes
Hot Apple Sauce Bread and Butter
Peach Tapioca

Supper

Cold Cheese Stewed Fruit
Suet Pudding Hard Sauce
Bread and Butter
Tea Milk

FRIDAY, FEBRUARY 28

Breakfast

Oatmeal
Mutton Chops Hominy Grits
Bread and Butter
Tea Milk

Dinner

Vegetable Soup Crackers
Baked Fish Sauce Hollandaise
Delmonico Potatoes
Kidney Beans
Cole Slaw Bread and Butter

Supper

Cold Roast Pork Lyonnaise Potatoes
Bread and Butter
Canned Fruit Tea Milk

SATURDAY, FEBRUARY 29

Breakfast

Wheat Berries Liver and Bacon
Hashed Brown Potatoes
Bread and Butter
Tea Milk

Dinner

Roast Beef Yorkshire Pudding
Franconia Potatoes
Stewed Tomatoes Bread and Butter
Caramel Junket

Supper

Baked Beans Pickles
Brown Bread Butter
Tea Milk

SUNDAY, MARCH 1

Breakfast

Corn Flakes

Cream Chipped Beef

Lyonnaise Potatoes

Hot Rolls

Tea

Butter

Milk

Dinner

Baked Chicken

Giblet Sauce

Creamed Onions

Boiled Rice

Bread and Butter

Pear Salad

Apricot Whip with Custard Sauce

Supper

Cold Sliced Beef

Lettuce Salad

Cinnamon Bun

Cocoa

Bread and Butter

MONDAY, MARCH 2

Breakfast

Cream of Wheat

Sautéd Scrapple

Fried Bananas

Bread and Butter

Tea

Milk

Dinner

Corned Beef

Hot Slaw

Baked Potatoes

Creamed Beets

Corn Bread and Butter

Supper

Veal Loaf

Baking Powder Biscuits

Butter

Preserves

Tea

Milk

TUESDAY, MARCH 3

Breakfast

Wheat Berries

Bacon and Liver

Lyonnaise Potatoes

Bread and Butter

Tea

Milk

Dinner

Roast Beef with Brown Sauce

Franconia Potatoes

Canned Corn

String Bean Salad

Bread and Butter

Lemon Jelly with Cream

Supper

Cold Corned Beef

Blanc Mange with Bananas

Bread and Butter

Tea

Milk

WEDNESDAY, MARCH 4

Breakfast

Force

Barbecued Ham

French Toast

Bread and Butter

Tea

Milk

Dinner

Roast Shoulder Veal

Turkish Pilaf

Creamed Carrots

Potatoes

Pickles

Bread and Butter

Floating Island

Supper

Sautéd Bologna

Cottage Pudding

Bread and Butter

Tea

Milk

Cookies

THURSDAY, MARCH 5

Breakfast

Farinose

Green Sausage

Fried Apples

Bread and Butter

Tea

Milk

Dinner

Cannelon of Beef

Tomato Sauce

Sweet Potatoes

Philadelphia Relish

Bread and Butter

Chocolate Pudding

Hard Sauce

Supper

Cold Roast Beef

Lyonnaise Potatoes

Bread and Butter

Canned Pears

Tea

Milk

FRIDAY, MARCH 6

Breakfast

Wheat Berries

Hamburg Steak

Brown Sauce

Sautéd Potatoes

Bread and Butter

Tea

Milk

Dinner

Vegetable Soup

Boiled Cod Fish

Egg Sauce

Boiled Potatoes

Kidney Beans

Harvard Beets

Bread and Butter

Supper

Soused Pigs' Feet

Boiled Mush

Apricot Marmalade

Bread and Butter

Tea

Milk

SATURDAY, MARCH 7

Breakfast

Oatmeal

Kidney Stew

Baked Potatoes

Bread and Butter

Tea

Milk

Dinner

Fresh Ham

Mashed Potatoes

Boiled Hominy

Sauer Kraut

Bread and Butter

Sliced Bananas

Supper

Boston Baked Beans

Brown Bread and Butter

Pickles

Tea

Milk

SUNDAY, MARCH 8**Breakfast**

Half Oranges
 Finnan Haddie Cooked in Milk
 Baked Potatoes, Bread and Butter
 Tea Milk

Dinner

Roast Loin of Veal
 Franconia Potatoes Spinach Greens
 Turkish Pilaf
 Layer Cake
 Grape Fruit Sponge

Supper

Grilled Sardines
 Macédoine Salad
 German Coffee Cake
 Cocoa

MONDAY, MARCH 9**Breakfast**

Cereal with Dates
 Sautéd Scrapple Stewed Prunes
 Bread and Butter
 Tea Milk

Dinner

Salt Salmon Boiled Egg Sauce
 Boiled Potatoes
 Boiled Onions Buttered
 Cabbage Salad Sliced Bananas

Supper

Cold Sliced Pork
 Apricot Short Cake Lemon Sauce
 Bread and Butter
 Tea Milk

TUESDAY, MARCH 10**Breakfast**

Corn Flakes
 Liver and Bacon Hashed Brown
 Potatoes
 Bread and Butter
 Tea Milk

Dinner

Stuffed Leg of Mutton
 Mashed Potatoes Canned Beans
 Lettuce Salad Cottage Pudding
 Vanilla Sauce

Supper

Cold Sliced Ham
 Baking Powder Biscuits and Butter
 Tomato Preserves
 Tea Milk

WEDNESDAY, MARCH 11**Breakfast**

Cream of Wheat
 Cod Fish Balls Tomato Sauce
 Bread and Butter
 Tea Milk

Dinner

Roast Beef
 Franconia Potatoes Creamed Salsify
 Corn Fritters
 Bread and Butter
 Lemon Jelly

Supper

Cold Mutton
 French Fried Potatoes
 Canned Pears Bread and Butter
 Tea Milk

THURSDAY, MARCH 12**Breakfast**

Ralston Food
 Mutton Chops Hominy Grits
 Bread and Butter
 Tea Milk

Dinner

Irish Stew Dumplings
 Mashed Potatoes Bread and Butter
 Pepper Lettuce Salad
 Cup Custard

Supper

Sautéd Bologna
 Steamed Bread Pudding
 Bread and Butter
 Tea Milk

FRIDAY, MARCH 13**Breakfast**

Cream of Wheat
 Green Sausage Sautéd Potatoes
 Bread and Butter
 Tea Milk

Dinner

Soup Fried Fish
 Scalloped Potatoes
 Succotash Philadelphia Relish
 Bread and Butter Crackers

Supper

Minced Beef on Toast
 Canned Pears Bread and Butter
 Tea Milk

SATURDAY, MARCH 14**Breakfast**

Oatmeal
 Scrapple Canned Apples
 Bread and Butter
 Tea Milk

Dinner

Beef Steak Onions
 Baked Potatoes Stewed Tomatoes
 Rice Pudding and Cream
 Bread and Butter

Supper

Baked Beans Pickles
 Brown Bread and Butter
 Tea Milk

SUNDAY, MARCH 15

Breakfast

Sliced Bananas
Liver and Bacon French Fried
Potatoes
Rolls and Butter
Tea Milk

Dinner

Maryland Chicken Sweet Potatoes
Baked Onions
Lettuce and Celery Salad
Bread and Butter
Coffee Bavarian Cream

Supper

Scotch Herring
Canned Peaches Gingerbread
Bread and Butter
Cocoa

MONDAY, MARCH 16

Breakfast

Ralston Food
Hamburg Steak Tomato Sauce
Bread and Butter
Tea Milk

Dinner

Boiled Ham Boiled Cabbage
Mashed Potatoes Beet Salad
Corn Bread and Butter

Supper

Creamed Chipped Beef
Lyonnaise Potatoes Stewed Apricots
Baking Powder Biscuits and Butter
Tea Milk

TUESDAY, MARCH 17

Breakfast

Wheat Berries
Boiled Mackerel Fried Mush
Bread and Butter
Tea Milk

Dinner

Cannellon of Beef Brown Sauce
Stewed Tomatoes Sweet Potatoes
Stewed Corn Bread and Butter
Cottage Pudding and Sauce

Supper

Cold Ham Boiled Rice
Canned Peaches Bread and Butter
Tea Milk

WEDNESDAY, MARCH 18

Breakfast

Cream of Wheat
Soft Boiled Eggs
Dry Toast and Butter
Lyonnaise Potatoes
Tea Milk

Dinner

Stuffed Leg of Mutton
Creamed Peas
Mashed Browned Potatoes
Bread and Butter Lettuce Salad
Steamed Chocolate Pudding
Hard Sauce

Supper

Cold Cheese Prune Loaf
Bread and Butter
Tea Milk

THURSDAY, MARCH 19

Breakfast

Corn Flakes
Green Sausage Potatoes
Bread and Butter
Tea Milk

Dinner

Roast Beef Yorkshire Pudding
String Bean Salad Franconia Potatoes
Bread and Gravy
Apricot Short Cake

Supper

Mutton Curry
Hashed Browned Potatoes
Bread and Butter
Tea Milk

FRIDAY, MARCH 20

Breakfast

Oatmeal
Fried Scrapple Baked Bananas
Bread and Butter
Tea Milk

Dinner

Vegetable Soup Ham and Eggs
Mashed Potatoes Stewed Corn
Cole Slaw Bread and Butter
Chocolate Bread Pudding

Supper

Rice and Cheese Croquettes
Baking Powder Biscuits and Butter
Canned Pears
Tea Milk

SATURDAY, MARCH 21

Breakfast

Force
Mutton Hashed Sautéd Potatoes
Bread and Butter
Tea Milk

Dinner

Stuffed Shoulder of Veal
Boiled Potatoes Scalloped Tomatoes
Creamed Cabbage Bread and Butter
Tapioca Custard

Supper

Baked Beans Pickles
Brown Bread and Butter
Tea Milk

SUNDAY, MARCH 22

Breakfast

Sliced Oranges
Bacon and Eggs Hot Rolls and Butter
Tea Milk

Dinner

Baked Chicken Baked Potatoes
Canned Peas Bread and Butter
Lettuce and Celery Salad Mayonnaise
Lemon Pie

Supper

Potato Salad Parsley and Beet Garnish
Bread and Butter Raisin Cake
Cocoa

MONDAY, MARCH 23

Breakfast

Wheat Berries
Hamburg Steak Tomato Sauce
Hashed Brown Potatoes
Bread and Butter
Tea Milk

Dinner

Boiled Ham
Baked Macaroni with Cheese
Hot Slaw Bread and Butter
Rice Pudding Raisin Sauce

Supper

Creamed Chipped Beef
Baked Potatoes Bread and Butter
Tea Milk

THURSDAY, MARCH 26

Breakfast

Corn Flakes
Bacon and Eggs Bread and Butter
Tea Milk

Dinner

Cannelloni of Beef Brown Sauce
Delmonico Potatoes
Stewed Tomatoes Bread and Butter
Mock Cherry Pie

Supper

Cold Roast Mutton
Lyonnais Potatoes
Canned Peaches Bread and Butter
Tea Milk

TUESDAY, MARCH 24

Breakfast

Cream of Wheat
Bacon Fried Eggs
Sautéd Potatoes Bread and Butter
Tea Milk

Dinner

Roast Beef Franconia Potatoes
Boiled Hominy
Lettuce and Lima Bean Salad
Bread and Butter
Bread Pudding Vanilla Sauce

Supper

Cold Sliced Ham
Boiled Rice Canned Pears
Bread and Butter
Tea Milk

FRIDAY, MARCH 27

Breakfast

Farinose
Broiled Ham French Toast
Bread and Butter
Tea Milk

Dinner

Soup Sautéd Smelts
Mashed Potatoes Kidney Beans
Cole Slaw Boiled Dressing
Bread Butter Croutons

Supper

Macaroni Croquettes
Canned Fruit
Bread and Butter
Tea Milk

WEDNESDAY, MARCH 25

Breakfast

Oatmeal
Kidney Stew Baked Potatoes
Bread and Butter
Tea Milk

Dinner

Roast Mutton. Mashed Potatoes
Carrots and Peas Bread and Butter
Lettuce and Cottage Cheese Salad
Caramel Junket

Supper

Cold Sliced Beef
Marmalade Cream Toast
Tea Bread and Butter
Milk

SATURDAY, MARCH 28

Breakfast

Force
Sautéd Tripe Creamed Potatoes
Bread and Butter
Tea Milk

Dinner

Beef à la Mode Baked Potatoes
Spinach Bread and Butter
Tapioca, Cream

Supper

Baked Beans Pickles
Brown Bread and Butter
Tea Milk

SUNDAY, MARCH 29

Breakfast

Corn Flakes with Bananas
Bacon and Eggs Lyonnaise Potatoes
Hot Rolls and Butter
Tea Milk

Dinner

Baked Chicken Chambery Potatoes
Creamed Peas
Water Cress and Radishes
Bread and Gravy
Snow Pudding Custard Sauce

Supper

Apple and Date Salad
Cold Cheese German Coffee Cakes
Bread and Butter
Cocoa

MONDAY, MARCH 30

Breakfast

Oatmeal
Fried Scrapple Steamed Dates
Bread and Butter
Tea Milk

Dinner

Baked Ham Kale
Mashed Potatoes Beet Salad
Bread and Butter
Rice Pudding

Supper

Cold Beef
Hashed Browned Potatoes
Stewed Prunes
Bread and Butter
Tea Milk

THURSDAY, APRIL 2

Breakfast

Corn Flakes
Liver and Bacon Hominy Grits
Bread and Butter
Tea Milk

Dinner

Roast Beef Franconia Potatoes
Creamed Carrots Spinach
Bread and Gravy
Lemon Jelly Cream

Supper

Scrambled Eggs Sautéd Potatoes
Canned Cherries Bread and Butter
Tea Milk

TUESDAY, MARCH 31

Breakfast

Cream of Wheat
Codfish Balls Tomato Sauce
Bread and Butter
Tea Milk

Dinner

Irish Stew with Dumplings
Baked Potatoes
Lettuce, Onion and Pepper Salad
Bread and Butter
Fruit Tapioca
Cream

Supper

Deviled Ham
Philadelphia Relish Canned Pears
Bread and Butter
Cookies Tea Milk

FRIDAY, APRIL 3

Breakfast

Wheat Berries
Broiled Ham Fried Eggs
Bread and Butter
Tea Milk

Dinner

Fish Chowder Cold Roast Beef
Mashed Potatoes Kidney Beans
Cole Slaw
Bread and Butter

Supper

Cold Sliced Mutton
French Fried Potatoes
Bread and Butter
Tea Fruit Cookies

WEDNESDAY, APRIL 1

Breakfast

Corn Flakes
Scrambled Eggs Sautéd Potatoes
Bread and Butter
Tea Milk

Dinner

Stuffed Leg of Mutton
Boiled Rice Mashed Turnips
String Beans Salad
Cup Custard
Bread and Butter

Supper

Potato Salad with Beets and Parsley
Canned Cherries Bread and Butter
Tea Milk

SATURDAY, APRIL 4

Breakfast

Ralston Food
Green Sausage Fried Apples
Bread and Butter
Tea Milk

Dinner

Pot Roast of Beef
Potatoes
Plain Macaroni Stewed Tomatoes
Bread and Butter
Caramel Junket Cream

Supper

Baked Beans Pickles
Brown Bread and Butter
Tea Milk

SUNDAY, APRIL 5

Breakfast

Corn Flakes with Bananas
Bacon and Eggs Bread and Butter
Tea Milk

Dinner

Roast Chicken Fried Egg Plant
Mashed Brown Potatoes
Bread and Butter
Lettuce and Celery with Mayonnaise
Milk Sherbet Cake

Supper

Soused Pigs' Feet Bread and Butter
Blanc Mange with Jelly Cake
Cocoa

MONDAY, APRIL 6

Breakfast

Cream of Wheat
Bacon and Eggs Tomato Sauce
Fried Potatoes Bread and Butter
Tea Coffee

Dinner

Baked Ham Mashed Potatoes
Stewed Corn Horseradish
Philadelphia Relish Bread and Butter
Rice Pudding

Supper

Scrambled Eggs Potatoes à l'Antlers
Squash Biscuits Plum Preserves
Bread and Butter Tea Milk

THURSDAY, April 9

Breakfast

Farinose
Fresh Fish Fried Potatoes
Bread and Butter
Tea Milk

Dinner

Roast Leg of Mutton
Boiled Rice Mashed Turnips
Apple Fritters Lemon Sauce
Bread and Butter
Junket with Cream

Supper

Parsley Omelet
Canned Pears Cookies
Bread and Butter
Tea Milk

TUESDAY, APRIL 7

Breakfast

Wheat Berries
Scrambled Eggs Tomatoes
Hashed Potatoes Bread and Butter
Tea Milk

Dinner

Mutton Cutlets Baked Potatoes
Carrots and Peas Bread and Butter
Lettuce and Lima Bean Salad
Prune Whip Custard Sauce

Supper

Sautéd Bologna Bread and Butter
Boiled Rice and Raisin Sauce
Horseradish
Tea Milk

FRIDAY, APRIL 10

Breakfast

Corn Flakes
Scrambled Eggs Potato Cakes
Bread and Butter
Tea Milk

Dinner

Bean Soup Baked Fish
Sauce Hollandaise Boiled Hominy
Boiled Potatoes String Bean Salad
Bread and Butter

Supper

Mutton Curry in Rice Border
Baked Apples
Bread and Butter
Tea Milk

WEDNESDAY, APRIL 8

Breakfast

Oatmeal
Bacon and Eggs Bread and Butter
Tea Milk

Dinner

Roast Beef Boiled Hominy
Franconia Potatoes Dandelion Greens
Bread and Butter
Chocolate Blanc Mange

Supper

Salmon Loaf Baking Powder Biscuits
Preserves Butter
Tea Milk

SATURDAY, APRIL 11

Breakfast

Farinose
Eggs and Bacon Lyonnaise Potatoes
Bread and Butter
Tea Milk

Dinner

Beef Steak and Onions
Baked Potatoes Dandelion Greens
Bread and Butter
Bananas in Jelly
Cream

Supper

Baked Beans Pickles
Brown Bread and Butter
Tea Milk

SUNDAY, APRIL 12

Breakfast

Wheat Berries
Bacon and Eggs Rolls and Butter
Tea Milk

Dinner

Chicken Pie Mashed Potatoes
Creamed Carrots Cranberry Jelly
Bread and Butter
Pineapple Bavarian Cream

Supper

Egg Salad Bread and Butter
Swedish Tea Rolls Stewed Fruit
Tea Milk

MONDAY, APRIL 13

Breakfast

Cream of Wheat
Scrambled Eggs Lyonnaise Potatoes
Bread and Butter
Tea Milk

Dinner

Boiled Ham Baked Potatoes
Kale
Corn Bread and Butter
Rice Pudding

Supper

Lettuce and Salmon Salad
Squash Biscuit Boiled Rice
Stewed Prunes
Tea Milk

TUESDAY, APRIL 14

Breakfast

Oatmeal
Liver and Bacon Lyonnaise Potatoes
Bread and Butter
Tea Milk

Dinner

Leg of Mutton
Mashed Potatoes Creamed Peas
Lettuce Salad Bread and Butter
Steamed Fig Pudding

Supper

Ham Omelet Canned Pears
Bread and Butter
Tea Milk Hermits

WEDNESDAY, APRIL 15

Breakfast

Cornflakes
Soft Cooked Eggs Toast
Bread and Butter
Tea Milk

Dinner

Roast of Beef Franconia Potatoes
Stewed Corn Spinach
Bread and Butter
Caramel Junket

Supper

Scrambled Eggs Potato Buns
Bread and Butter Stewed Fruit
Tea Milk

THURSDAY, APRIL 16

Breakfast

Farinose
Mutton Chops Hominy Grits
Bread and Butter
Tea Milk

Dinner

Irish Stew with Dumplings
Mashed Potatoes Bread and Butter
Chocolate Blanc Mange
Spiced Pears

Supper

Cold Cheese Bread and Butter
Prune Loaf Lemon Sauce
Tea Milk

FRIDAY, APRIL 17

Breakfast

Wheat Berries
Bacon and Eggs Bread and Butter
Tea Milk

Dinner

Vegetable Soup Croutons
Baked Shad Egg Plant Cole Slaw
Scalloped Potatoes
Bread and Butter

Supper

Beef and Rice Croquettes
Bread and Butter Stewed Prunes
Tea Milk

SATURDAY, APRIL 18

Breakfast

Cream of Wheat
Scrambled Eggs Sautéd Potatoes
Bread and Butter
Tea Milk

Dinner

Pot Roast of Beef
Browned Potatoes Dandelion Greens
Stewed Tomatoes Bread and Butter
Sliced Bananas

Supper

Baked Beans Pickles
Boston Brown Bread and Butter
Tea Milk

SUNDAY, APRIL 19.

Breakfast

Corn Flakes with Bananas
French Omelet Tomato Sauce
Fried Potatoes Bread and Butter
Tea Milk

Dinner

Brown Fricassee Chicken
Boiled Rice Salsify Fritters
Lettuce and Celery Salad
Bread and Butter
Orange Ice

Supper

Potato Salad Bread and Butter
Canned Pears
Cake Chocolate

MONDAY, APRIL 20

Breakfast

Oatmeal
Tripe à la Creole Bread and Butter
Tea Milk

Dinner

Baked Ham Boiled Hominy
Browned Mashed Potatoes Beet Salad
Bread and Butter
Rice Pudding

Supper

Salmon Croquettes
Philadelphia Relish Bread and Butter
Tea Milk
Cookies

TUESDAY, APRIL 21

Breakfast

Corn Flakes
Boiled Mackerel Hominy Grits
Bread and Butter
Tea Milk

Dinner

Roast Leg of Mutton
Boiled Rice Mashed Turnips
Pickles Bread and Butter
Steamed Chocolate Pudding

Supper

Sardines Lyonnaise Potatoes
Stewed Fruit Bread and Butter
Tea Milk

WEDNESDAY, APRIL 22

Breakfast

Wheat Berries
Bacon Scrambled Eggs
Bread and Butter
Tea Milk

Dinner

Beef à la Mode Mashed Potatoes
Spinach Bread and Butter
Peach Tapioca Cream

Supper

Cornlet Fritters
Spinach and Egg Salad
Bread and Butter
Tea Milk

THURSDAY, APRIL 23

Breakfast

Oatmeal
Creamed Codfish Baked Potatoes
Bread and Butter
Tea Milk

Dinner

Roast Loin of Veal
Delmonico Potatoes Dandelion Greens
Banana Fritters Bread and Butter
Ginger Pudding, Vanilla Sauce

Supper

Scrambled Eggs Sautéd Potatoes
Bread and Butter Gingerbread
Tea Milk

FRIDAY, APRIL 24

Breakfast

Cream of Wheat
Fried Eggs Hashed Brown Potatoes
Bread and Butter
Tea Milk

Dinner

Tomato Bisque Croutons
Baked Shad Mashed Potatoes
Browned Potatoes Cabbage Salad
Bread and Butter

Supper

Beef and Rice Croquettes
Tomato Sauce Bread and Butter
Tea Milk
Fig Bars

SATURDAY, APRIL 25

Breakfast

Corn Flakes
Liver and Bacon Lyonnaise Potatoes
Bread and Butter
Tea Milk

Dinner

Roast Beef Yorkshire Pudding
Baked Potatoes Creamed Carrots
Sautéd Egg Plant Bread and Butter
Lemon Jelly

Supper

Baked Beans Pickles
Boston Brown Bread
Tea Butter Milk

SUNDAY, APRIL 26

Breakfast

Oranges
Bacon Fried Eggs
Sautéd Potatoes Rolls and Butter
Tea Milk

Dinner

Baked Chicken Turkish Pilaf
Potatoes
Lettuce and Celery Salad
Macédoine of Fruit

Supper

Cold Cheese
Apple and Date Salad
Bread and Butter Gingerbread
Cocoa

MONDAY, April 27

Breakfast

Corn Flakes
Scrambled Eggs Sautéd Potatoes
Bread and Butter
Tea Milk

Dinner

Corned Beef Boiled Cabbage
White Potatoes Beet Salad
Corn Bread and Butter

Supper

Cold Roast Beef
Parker House Rolls and Butter
Canned Peaches
Tea Milk

TUESDAY, APRIL 28

Breakfast

Farinose
Codfish Balls Tomato Sauce
Bread and Butter
Tea Milk

Dinner

Roast Leg of Mutton
Mashed Potatoes Caper Sauce
Creamed Peas Bread and Butter
Fruit Loaf, Vanilla Sauce

Supper

Baked Corned Beef Hash
Biscuits and Butter Canned Cherries
Tea Milk

WEDNESDAY, APRIL 29

Breakfast

Wheat Berries
Eggs and Bacon Bread and Butter
Tea Milk

Dinner

Beef Steak and Onions
Baked Potatoes Buttered Asparagus
Stewed Tomatoes Bread and Butter
Caramel Junket

Supper

Minced Mutton on Toast
Canned Pears Bread and Butter
Tea Milk

THURSDAY, APRIL 30

Breakfast

Corn Flakes
Boiled Mackerel Fried Mush
Bread and Butter
Tea Milk

Dinner

Roast Beef Franconia Potatoes
Lima Beans Spinach
Bread and Butter
Baked Custard

Supper

Scrambled Eggs Tomato Sauce
Canned Peaches Bread and Butter
Tea Milk

FRIDAY, MAY 1

Breakfast

Cream of Wheat
Bacon and Eggs Lyonnaise Potatoes
Bread and Butter
Tea Milk

Dinner

Tomato Soup Croutons
Baked Shad Scalloped Potatoes
Boiled Hominy Bread and Butter
Philadelphia Relish

Supper

Cold Cheese Rhubarb Short Cake
Bread and Butter
Tea Milk

SATURDAY, MAY 2

Breakfast

Oatmeal
Liver and Bacon Sautéd Potatoes
Bread and Butter
Tea Milk

Dinner

Irish Stew with Dumplings
Mashed Potatoes Bread and Butter
Sautéd Egg Plant Lettuce Salad

Supper

Baked Beans Pickles
Brown Bread and Butter
Tea Milk

SUNDAY, MAY 3

Breakfast

Bananas
Bacon and Eggs French Fried Potatoes
Hot Rolls and Butter
Tea Milk

Dinner

Baked Chicken Chambery Potatoes
Buttered Asparagus
Bread and Butter
Pear Salad, Mayonnaise
Prune Souffle Custard Sauce

Supper

Egg Salad Bread and Butter
Jelly Roll
Cocoa

MONDAY, MAY 4

Breakfast

Cream of Wheat
Bacon with Tomatoes
Hashed Browned Potatoes
Bread and Butter
Tea Milk

Dinner

Baked Ham Boiled Cabbage
Pickled Beets White Potatoes
Corn Bread and Butter
Sliced Bananas

Supper

Creamed Chipped Beef
Lyonnaise Potatoes Bread and Butter
Dried Apples Tea Milk

TUESDAY, MAY 5

Breakfast

Corn Flakes
Boiled Mackerel Fried Mush
Bread and Butter
Tea Milk

Dinner

Roast Mutton, Mint Sauce
Turkish Pilaf Mashed Turnips
Potatoes
Bread and Butter
Rhubarb Pie

Supper

Ham Omelet Stewed Fruit
Bread and Butter
Tea Milk
Cookies

WEDNESDAY, MAY 6

Breakfast

Wheat Berries
Soft Cooked Eggs Potatoes
Bread and Butter
Tea Milk

Dinner

Roast Beef Baked Potatoes
Stewed Corn Spinach
Bread and Gravy
Cocoa Junket and Cream

Supper

Sautéd Bologna
Boiled Hominy Stewed Fruit
Bread and Butter
Tea Milk

THURSDAY, MAY 7

Breakfast

Oatmeal
Hamburg Steak with Bacon and
Brown Sauce
Lyonnaise Potatoes Bread and Butter
Tea Milk

Dinner

Roast Shoulder of Veal
Mashed Potatoes Creamed Peas
Bread and Butter Lettuce Salad
Baked Custard

Supper

Cold Sliced Beef
Boiled Rice Bread and Butter
Tea Milk

FRIDAY, MAY 8

Breakfast

Cream of Wheat
Bacon and Eggs Bread and Butter
Tea Milk

Dinner

Vegetable Soup Baked Halibut
Mashed Potatoes Sautéd Egg Plant
Cole Slaw
Bread and Butter

Supper

Scrambled Eggs
Hashed Brown Potatoes
Stewed Rhubarb Bread and Butter
Tea Milk

SATURDAY, MAY 9

Breakfast

Farinose
Small Fish Fried Bread and Butter
Lyonnaise Potatoes
Tea Milk

Dinner

Irish Stew with Dumplings
Browned Mashed Potatoes
Stewed Tomatoes Bread and Butter

Supper

Baked Beans Pickles
Brown Bread and Butter
Tea Milk

SUNDAY, MAY 10

Breakfast

Corn Flakes and Bananas
Ham and Eggs Potatoes
Hot Rolls Butter
Tea Milk

Dinner

Baked Chicken Sweet Potato Puff
Buttered Asparagus Cucumber Salad
Bread and Butter
Pineapple Pudding

Supper

Salmon Salad
Bread and Butter Cinnamon Bun
Cocoa

MONDAY, MAY 11

Breakfast

Ralston Food
Sautéd Bacon with Tomatoes
French Fried Potatoes
Bread and Butter
Tea Milk

Dinner

Baked Ham Boiled Spinach
Baked Potatoes Canned Corn
Bread and Butter
Rice Pudding

Supper

Sardines
Hashed Browned Potatoes
Squash Biscuit Bread and Butter
Tea Milk

TUESDAY, MAY 12

Breakfast

Cream of Wheat
Liver and Bacon Lyonnaise Potatoes
Bread and Butter
Tea Milk

Dinner

Roast Mutton, Mint Sauce
Boiled Rice Sautéd Egg Plant
Potatoes
Bread and Gravy
Caramel Junket

Supper

Cold Ham Preserves
Philadelphia Relish Tea Milk
Baking Powder Biscuit and Butter

WEDNESDAY, MAY 13

Breakfast

Wheat Berries
French Omelet Tomato Sauce
Bread and Butter
Tea Milk

Dinner

Beef Steak and Onions
Baked Potatoes Asparagus
Stewed Tomatoes Bread and Butter

Supper

Cold Mutton
Prune Loaf Lemon Sauce
Bread and Butter
Tea Milk

THURSDAY, MAY 14

Breakfast

Corn Flakes
Boiled Ham Fried Eggs
Bread and Butter
Tea Milk

Dinner

Stuffed Shoulder of Veal
Baked Macaroni with Cheese Spinach
Bread and Butter

Supper

Scrambled Eggs
Hashed Brown Potatoes
Bread and Butter Canned Peaches
Tea Milk

FRIDAY, MAY 15

Breakfast

Oatmeal
Bacon Eggs
Bread and Butter
Tea Milk

Dinner

Vegetable Soup Croutons
Baked Shad Delmonico Potatoes
Kidney Beans Philadelphia Relish
Bread and Butter

Supper

Creamed Chipped Beef
Lyonnaise Potatoes
Stewed Rhubarb Bread and Butter
Tea Milk

SATURDAY, MAY 16

Breakfast

Wheat Berries
Codfish Balls Tomato Sauce
Bread and Butter
Tea Milk

Dinner

Roast Beef Mashed Potatoes
Browned Parsnips Stewed Corn
Lettuce and Cottage Cheese Salad
Bread and Butter

Supper

Potato Salad
Bread and Butter
Blanc Mange Tea Milk

SUNDAY, MAY 17

Breakfast

Sliced Bananas
Bacon and Eggs Hot Rolls and Butter
Tea Milk

Dinner

Baked Chicken Asparagus
Chambery Potatoes Bread and Butter
Lettuce and Cucumber Salad
Lemon Sherbet

Supper

Cold Sliced Beef
Long Baked Rhubarb
Bread and Butter Cake
Chocolate

MONDAY, MAY 18

Breakfast

Cream of Wheat
Bacon Scrambled Eggs
Lyonnais Potatoes Bread and Butter
Tea Milk

Dinner

Baked Ham Stewed Corn
Mashed Browned Potatoes Cole Slaw
Bread and Butter
Rice Pudding

Supper

Creamed Salmon
Fried Potatoes Baked Rhubarb
Bread and Butter
Tea Milk

TUESDAY, MAY 19

Breakfast

Wheat Berries
Hamburg Steak with Bacon Brown
Sauce
Bread and Butter
Tea Milk

Dinner

Irish Stew with Dumplings
Sautéd Egg Plant Mashed Potatoes
Bread and Butter
Cottage Pudding, Lemon Sauce

Supper

Smoked Sausage
Scullions Boiled Rice
Bread and Butter
Tea Milk

WEDNESDAY, MAY 20

Breakfast

Corn Flakes
Bacon and Eggs Bread and Butter
Tea Milk

Dinner

Roast Beef Yorkshire Pudding
Buttered Asparagus
Franconia Potatoes
Stewed Tomatoes Bread and Gravy
Lemon Jelly

Supper

Cold Ham Rice Croquettes
Cake Baked Rhubarb
Bread and Butter
Tea Milk

THURSDAY, MAY 21

Breakfast

Oatmeal
Creamed Chipped Beef
Baked Potatoes Bread and Butter
Tea Milk

Dinner

Stuffed Leg of Mutton
Boiled Rice Mashed Turnips
Lettuce Salad Bread and Butter
Chocolate Blanc Mange

Supper

Cold Roast Beef
Hashed Brown Potatoes
Bread and Butter
Stewed Fruit Tea Milk

FRIDAY, MAY 22

Breakfast

Wheat Berries
Bacon Scrambled Eggs
Bread and Butter
Tea Milk

Dinner

Tomato Soup Croutons
Halibut Steak Sauce Tartare
Baked Potatoes Succotash
Cress Salad
Bread and Butter

Supper

Mutton with Peas
Baking Powder Biscuits and Butter
Stewed Rhubarb Fig Newtons
Cottage Cheese Tea Milk

SATURDAY, MAY 23

Breakfast

Cream of Wheat with Dates
Boiled Mackerel French Fried Potatoes
Bread and Butter
Tea Milk

Dinner

Pot Roast of Beef
Macaroni with Tomatoes
Sautéd Egg Plant
Bread and Butter
Rhubarb Brown Betty

Supper

Baked Beans Pickles
Boston Brown Bread and Butter
Tea Milk

SUNDAY, MAY 24

Breakfast

Corn Flakes

Bacon and Eggs
Tea

Rolls and Butter
Milk

Dinner

Baked Chicken Rice Croquettes
Buttered Asparagus Bread and Butter
Lettuce and Tomato Salad
Strawberry Short Cake

Supper

Banana Salad
Bread and Butter Cheese
Raisin Cake
Tea Milk

MONDAY, MAY 25

Breakfast

Wheat Berries

Sautéd Tripe Lyonnaise Potatoes
Bread and Butter
Tea Milk

Dinner

Baked Ham Spinach
Boiled Hominy Corn Bread and Butter
Sliced Bananas

Supper

Creamed Chipped Beef
Hashed Browned Potatoes
Bread and Butter
Tea Milk

TUESDAY, MAY 26

Breakfast

Ralston Food

French Omelet French Fried Potatoes
Bread and Butter
Tea Milk

Dinner

Cannelloni of Beef Tomato Sauce
Mashed Potatoes String Beans
Corn Salad
Bread and Butter
Peach Tapioca Cream

Supper

Cold Ham Philadelphia Relish
Baking Powder Biscuits and Butter
Tea Milk

WEDNESDAY, MAY 27

Breakfast

Force

Codfish Balls Tomato Sauce
Bread and Butter
Tea Milk

Dinner

Roast Mutton, Mint Sauce
Mashed Potatoes Cress Salad
Buttered Asparagus
Bread and Butter

Supper

Smoked Sausage
Bread and Butter, Rhubarb Short Cake
Tea Milk

THURSDAY, MAY 28

Breakfast

Oatmeal

Broiled Ham French Toast
Bread and Butter
Tea Milk

Dinner

Roast Beef Yorkshire Pudding
Franconia Potatoes Spinach
Bread and Butter
Chocolate Blanc Mange

Supper

Cold Sliced Mutton Potato Chips
Canned Fruit Cakes
Bread and Butter
Tea Milk

FRIDAY, MAY 29

Breakfast

Corn Flakes

Bacon and Eggs Bread and Butter
Tea Milk

Dinner

Consommé Croutons
Baked Shad Hollandaise Sauce
Cole Slaw with New Potatoes
Boiled Dressing Browned Parsnips

Supper

Cold Sliced Beef
Bread and Butter
Sautéd Hominy Grits Canned Peaches
Tea Milk

SATURDAY, MAY 30

Breakfast

Wheat Berries

Hamburg Steak French Fried Potatoes
Bread and Butter
Tea Milk

Dinner

Beef Steak New Potatoes
Asparagus on Toast
Lettuce Salad Swedish Wafers
Preserves

Supper

Sardines with Sauce
Brown Bread and Butter Mixed Pickles
Tea Milk

SUNDAY, MAY 31

Breakfast

Cream of Wheat
Bacon and Eggs Sautéd Potatoes
Rolls and Butter
Tea Milk

Dinner

Baked Chicken Creamed Potatoes
Egg Plant Tomato Salad, Mayonnaise
Caramel Ice Cream

Supper

Egg Salad Gingerbread
Coffee Jelly Bread and Butter
Iced Tea

MONDAY, JUNE 1

Breakfast

Farinose
Creamed Chipped Beef Potato Cakes
Baking Powder Biscuits
Tea Milk

Dinner

Baked Ham Kale
Boiled Potatoes Stewed Tomatoes
Bread and Butter
Plain Junket

Supper

Salmon Cutlets Stewed Rhubarb
Bread and Butter Parker House Rolls
Tea Milk

TUESDAY, JUNE 2

Breakfast

Corn Flakes
Boiled Mackerel Bread and Butter
Boiled Hominy Grits Iced Cucumbers
Tea Milk

Dinner

Irish Stew with Dumplings
Boiled Potatoes Spinach
Bread and Butter
Chocolate Blanc Mange

Supper

Cold Ham Boiled Rice
Baking Powder Biscuits Raisin Sauce
Tea Milk

WEDNESDAY, JUNE 3

Breakfast

Wheat Berries
Fried Bacon Tomatoes
Bread and Butter
Tea Milk

Dinner

Boned Leg of Mutton
Mint Sauce New Peas
Boiled Potatoes Bread and Butter
Banana Fritters and Sauce

Supper

Sautéd Bologna Scullions
Potatoes à l'Antlers Bread and Butter
Tea Milk

THURSDAY, JUNE 4

Breakfast

Cream of Wheat
Liver and Bacon Bread and Butter
Tea Milk

Dinner

Beef à la Mode Boiled New Potatoes
Buttered Scullions
Bread and Butter
Lettuce and Cucumber Salad
Vanilla Sauce

Bread Pudding Gravy

Supper

Cold Mutton Asparagus on Toast
Canned Fruit Bread and Butter
Tea Milk

FRIDAY, JUNE 5

Breakfast

Corn Flakes
Bacon and Eggs French Fried Potatoes
Hot Rolls and Butter
Tea Milk

Dinner

Tomato Bisque Crackers
Fried Porgies Sauce Tartare
Boiled Potatoes Creamed Carrots
Cucumber Salad Bread and Butter

Supper

Creamed Chipped Beef
Hashed Browned Potatoes
Bread and Butter
Long Baked Rhubarb
Tea Milk

SATURDAY, JUNE 6

Breakfast

Cream of Wheat
Bacon Tomatoes
Hashed Browned Potatoes
Bread and Butter
Tea Milk

Dinner

Roast Beef Creamed Salsify
Franconia Potatoes Spinach
Bread and Butter Baked Custard

Supper

Cheese Cutlets Bread and Butter
Canned Fruit Cookies
Tea Milk

SUNDAY, JUNE 7

Breakfast

Oranges
Mutton Chops Boiled Hominy Grits
Hot Rolls and Butter
Tea Milk

Dinner

Brown Fricassee of Chicken
Sweet Potato Puff Buttered Asparagus
Stuffed Tomato Salad
Bread and Butter
Vanilla Ice Cream with Strawberries

Supper

Cold Sliced Beef Bread and Butter
Swedish Tea Rolls Lemon Jelly Cream
Iced Tea

MONDAY, JUNE 8

Breakfast

Corn Flakes
Bacon Eggs
Bread and Butter
Tea Milk

Dinner

Baked Ham Kale
New Potatoes Pickled Peets
Bread and Butter
Tapioca Cream

Supper

Salmon Salad Cottage Cheese
Stewed Rhubarb
Squash Biscuits and Butter
Tea Milk

THURSDAY, JUNE 11

Breakfast

Corn Flakes with Bananas
Poached Eggs on Toast
Bread and Butter
Hashed Browned Potatoes
Tea Milk

Dinner

Roast Beef Yorkshire Pudding
Boiled Hominy Sliced Tomatoes
Bread and Butter
Snow Pudding, Custard Sauce

Supper

Cold Mutton Asparagus Salad
Stewed Rhubarb Bread and Butter
Tea Milk

TUESDAY, JUNE 9

Breakfast

Wheat Berries
Liver and Bacon Lyonnaise Potatoes
Bread and Butter
Tea Milk

Dinner

Beef Steak with Onions
Buttered Asparagus New Potatoes
Bread and Butter
Caramel Junket

Supper

Bologna Cottage Cheese
Rhubarb Scullions
Bread and Butter Gingerbread
Tea Milk

FRIDAY, JUNE 12

Breakfast

Oatmeal
Bacon and Eggs Hominy Grits
Bread and Butter
Tea Milk

Dinner

Tomato Bisque Croutons
Creamed Potatoes Kidney Beans
Salmon Cutlets Bread and Butter
Lettuce Salad

Supper

Minced Beef on Toast
Canned Pears Bread and Butter
Cookies
Tea Milk

WEDNESDAY, JUNE 10

Breakfast

Cream of Wheat
Small Fried Fish
Bread and Butter
Tea Milk

Dinner

Roast Mutton Mint Sauce
Boiled Rice Mashed Turnips
Lettuce Salad Fruit Roll and Sauce

Supper

Cold Ham Creamed Potatoes
Baking Powder Biscuits
Canned Cherries
Tea Milk

SATURDAY, JUNE 13

Breakfast

Farinose
Hamburg Steak with Bacon
Tea Milk

Dinner

New Potatoes Rolls and Butter
Veal Cutlets Rice
Creamed Carrots String Bean Salad
Bread and Butter

Supper

Potato Salad Bread and Butter
Cheese Blanc Mange
Tea Milk

SUNDAY, JUNE 14**Breakfast**

Oranges

Bacon and Eggs Hot Rolls and Butter
Tea Milk

Dinner

Roast Chicken Potato Croquettes
Creamed Peas in Timbales
Bread and Butter
Lettuce and Celery Salad, Mayonnaise
Sliced Pineapples

Supper

Apple and Date Salad
Soft Custard Cake
Bread and Butter
Iced Tea

MONDAY, JUNE 15**Breakfast**

Corn Flakes
Bacon Scrambled Eggs
French Fried Potatoes
Bread and Butter
Tea Milk

Dinner

Baked Ham Boiled Cabbage
New Potatoes Beet Salad
Bread and Butter
Moulded Rice with Bananas Cream

Supper

Creamed Chipped Beef
Sautéd Hominy Grits
Parker House Rolls and Butter
Fruit Tea Milk

TUESDAY, JUNE 16**Breakfast**

Cream of Wheat
Boiled Mackerel Sautéd Potatoes
Bread and Butter
Tea Milk

Dinner

Roast Beef Yorkshire Pudding
Spinach Boiled Hominy
Stewed Tomatoes Bread and Butter
Coffee Jelly

Supper

Cold Ham Bread and Butter
Cottage Cheese Rhubarb
Tea Milk

WEDNESDAY, JULY 1**Breakfast**

Corn Flakes with Bananas
Codfish Balls Tomato Sauce
Bread and Butter
Coffee Tea Milk

Dinner

Beef à la Mode Boiled Potatoes
Carrots and Peas Lettuce Salad
Bread and Butter
Chocolate Bread Pudding with Vanilla
Sauce

Supper

Cold Cheese Bread and Butter
Hot Fruit Roll, Sterling Sauce and
Cake
Tea Milk

THURSDAY, JULY 2**Breakfast**

Corn Flakes
Sautéd Bacon Scrambled Eggs
Boiled Hominy Grits Bread and Butter
Coffee Tea Milk

Dinner

Roast Mutton Mint Sauce
New Potatoes Scullions Buttered
Carrots Lettuce Salad
Bread and Butter
Fruit Jelly with Cream

Supper

Sautéd Bologna
Hashed Browned Potatoes
Stewed Prunes with Lemon
Bread and Butter
Cake Tea Milk

FRIDAY, JULY 3**Breakfast**

Cereal with Cream
Bacon with Tomatoes
Bread and Butter
Coffee Tea Milk

Dinner

Vegetable Soup Croutons
Baked Weak Fish Egg Sauce
Sautéd Squash Buttered Potatoes
Lettuce Salad Bread and Butter

Supper

Potato Salad with Beets and Parsley
Corn Oysters Apricots
Biscuits and Butter
Tea Milk

SATURDAY, JULY 4**Breakfast**

Oatmeal
Hamburg Steak with Bacon
Brown Sauce
French Fried Potatoes
Bread and Butter
Coffee Tea Milk

Dinner

Roast Beef Franconia Potatoes
Stewed Tomatoes Bread and Butter
Macaroni and Cheese
Cottage Pudding and Lemon Sauce

Supper

Salmon Cutlets Creamed Peas
Cottage Cheese Canned Fruit
Bread and Butter
Tea Milk

SUNDAY, JULY 5

Breakfast

Corn Flakes with Bananas
Codfish Balls Tomato Sauce
Bread and Butter
Coffee Tea Milk

Dinner

Roast Chicken Grape Jelly
New Potatoes Egg Plant
Lettuce and Cucumber Salad
Bread and Butter
Snow Pudding, Custard Sauce

Supper

Cold Roast Beef Bread and Butter
Sliced Peaches Cake
Tea Milk

MONDAY, JULY 6

Breakfast

Cereal with Cream
Sautéd Fish Boiled Hominy Grits
Bread and Butter Iced Cucumbers
Coffee Tea Milk

Dinner

Baked Ham Boiled Potatoes
Buttered Beets Boiled Cabbage
Bread and Butter
Steamed Cherry Pudding with Hard Sauce

Supper

Rice Baked with Cheese
Bread and Butter Canned Pears
Cakes Tea Milk

TUESDAY, JULY 7

Breakfast

Cereal with Cream
Bacon Scrambled Eggs
Bread and Butter
Coffee Tea Milk

Dinner

Roast Beef Franconia Potatoes
Creamed Onions String Beans
Lettuce with Radishes
Bread and Butter
Peach Tapioca with Cream

Supper

Cold Sliced Ham Bread and Butter
Hashed Browned Potatoes
Gingerbread
Tea Milk

WEDNESDAY, JULY 8

Breakfast

Cereal with Cream
Breakfast Bacon
French Fried Potatoes
Bread and Butter
Coffee Tea Milk

Dinner

Boiled Leg of Mutton Mint Sauce
Boiled Potatoes Carrots and Peas
Philadelphia Relish Bread and Butter
Caramel Junket with Cream

Supper

Cold Sliced Beef Stewed Fruit
Baking Powder Biscuits
Cottage Cheese
Tea Milk

THURSDAY, JULY 9

Breakfast

Cereals with Cream
Broiled Ham Boiled Hominy Grits
Bread and Butter
Coffee Tea Milk

Dinner

Braised Beef Boiled Potatoes
Sautéd Egg Plant Beet Greens
Bread and Butter
Apple Dumplings with Hard Sauce

Supper

Macédoine Salad
Cheese Graham Crackers
Bread and Butter Blanc Mange
Tea Milk

FRIDAY, JULY 10

Breakfast

Cereal with Cream
Liver and Bacon Lyonnaise Potatoes
Bread and Butter
Coffee Tea Milk

Dinner

Soup, Crisp Crackers
Small Fish Fried Sauce Tartare
New Potatoes Kidney Beans
Cucumber Salad Bread and Butter

Supper

Cold Beef Apricot Marmalade
Baking Powder Biscuits and Butter
Cookies Tea Milk

SATURDAY, JULY 11

Breakfast

Cereal with Cream
Hamburg Steak, Brown Sauce
Bread and Butter
Hashed Browned Potatoes
Coffee Tea Milk

Dinner

Roast Shoulder of Veal
Macaroni with Cheese
Bread and Butter
Lettuce, Onion and Pepper Salad
Creamed Blackberry Pudding with Hard Sauce

Supper

Rice Croquettes Tomato Sauce
Bread and Butter Baked Rhubarb
Graham Crackers
Tea Milk

SUNDAY, JULY 12**Breakfast**

Corn Flakes with Sliced Bananas
 Bacon and Eggs French Fried Potatoes
 Bread and Butter
 Coffee Tea Milk

Dinner

Fricassee of Chicken
 Boiled Potatoes Buttered Onions
 Sautéd Egg Plant Bread and Butter
 Tomato Salad, Mayonnaise
 Baked Custard

Supper

Potato Salad Cheese
 Canned Fruit Bread and Butter
 Cake Tea Milk

MONDAY, JULY 13**Breakfast**

Cereal with Cream
 Creamed Codfish Baked Potatoes
 Rice Muffins
 Coffee Tea Milk

Dinner

Roast Pork Sweet Potato Puff
 Boiled Hominy with Beans
 Apple Sauce
 Corn Bread and Butter
 Lemon Jelly with Cream

Supper

Scalloped Salmon Stewed Prunes
 Emergency Biscuits and Butter
 Tea Milk

THURSDAY, JULY 16**Breakfast**

Cereal with Cream
 Kidney Stew Sautéd Hominy Grits
 Bread and Butter
 Coffee Tea Milk

Dinner

Chicken Pie Turkish Pilaf
 Stewed Squash Lettuce Salad
 Bread and Butter
 Tapioca Cream

Supper

Minced Mutton on Toast
 French Fried Potatoes Stewed Fruit
 Bread and Butter
 Tea Cake Milk

TUESDAY, JULY 14**Breakfast**

Cereal with Cream
 Fried Porgies Creamed Potatoes
 Iced Cucumbers Bread and Butter
 Coffee Tea Milk

Dinner

Roast Beef Franconia Potatoes
 Yorkshire Pudding String Bean Salad
 Bread and Butter
 Steamed Chocolate Pudding, Hard
 Sauce

Supper

Cold Sliced Pork
 Hominy Croquettes Baked Rhubarb
 Bread Butter Cheese
 Tea Milk

FRIDAY, JULY 17**Breakfast**

Cereal with Cream
 Fried Mush Bacon Baked Bananas
 Bread and Butter
 Coffee Tea Milk

Dinner

Fish Chowder Croutons
 Clam Fritters Mashed Potatoes
 String Beans Cucumber Salad
 Bread and Butter

Supper

Macaroni Croquettes
 Sliced Peaches and Cream Apple Sauce
 Bread and Butter
 Tea Cookies Milk

WEDNESDAY, JULY 15**Breakfast**

Cereal with Cream
 Bacon Tomatoes
 Hominy Grits Bread and Butter
 Coffee Tea Milk

Dinner

Roast Mutton Mint Sauce
 New Potatoes Asparagus
 Banana Fritters Bread and Butter
 Caramel Junket

Supper

Cold Beef Cottage Cheese
 Baking Powder Biscuits and Butter
 Fruit Crackers
 Tea Milk

SATURDAY, JULY 18**Breakfast**

Cereal with Cream
 Broiled Ham Hominy Grits
 Bread and Butter
 Coffee Tea Milk

Dinner

Cannellon of Beef Tomato Sauce
 New Potatoes Buttered Onions
 Sautéd Egg Plant Bread and Butter
 Steamed Fruit Pudding, Lemon Sauce

Supper

Lettuce and Fish Salad
 Baking Powder Biscuits
 Prunes
 Tea Milk

SUNDAY, JULY 19

Breakfast

Corn Flakes with Bananas
Bacon and Eggs Bread and Butter
Coffee Tea Milk

Dinner

Roast Chicken Grape Jelly
Boiled Potatoes New Peas
Stuffed Peppers Cheese Straws
Lettuce and Tomatoes, Mayonnaise
Bread and Butter
Bread Pudding Vanilla Sauce

Supper

Apple Date Salad Bread and Butter
Cinnamon Bun Cheese
Iced Tea Milk

MONDAY, JULY 20

Breakfast

Cereal with Cream
Bacon and Fried Apples Sautéd Mush
Bread and Butter
Coffee Tea Milk

Dinner

Baked Ham
Boiled Hominy Boiled Potatoes
Boiled Cabbage
Lettuce and Beet Salad
Corn Bread and Butter

Supper

Salmon Cutlets Parsley
Blackberry Mush Parker House Rolls
Cake Butter
Tea Milk

THURSDAY, JULY 23

Breakfast

Cereal with Cream
Bacon and Tomatoes
Boiled Hominy Grits
Bread and Butter
Coffee Tea Milk

Dinner

Roast Beef Franconia Potatoes
Boiled Hominy Bread and Butter
String Bean Salad
Coffee Jelly and Cream

Supper

Rice and Beef Croquettes
Bread and Butter Fruit Cake
Tea Milk

TUESDAY, JULY 21

Breakfast

Cereal with Cream
Sautéd Sea Bass Lyonnaise Potatoes
Iced Cucumbers Bread and Butter
Coffee Tea Milk

Dinner

Beef à la Mode Mashed Potatoes
Creamed Carrots Cole Slaw
Bread and Butter Prune Loaf
Lemon Sauce

Supper

Cold Sliced Ham Boiled Rice
Biscuits and Butter Apple Sauce
Tea Milk

FRIDAY, JULY 24

Breakfast

Cereal with Cream
Hamburg Steak with Brown Sauce
Potatoes Bread and Butter
Coffee Tea Milk

Dinner

Vegetable Soup Baked Weak Fish
Hollandaise Sauce Mashed Potatoes
Succotash Cucumber Salad
Bread and Butter

Supper

Cold Sliced Beef Cottage Cheese
Blackberry Mush Bread and Butter
Cakes Tea Milk

WEDNESDAY, JULY 22

Breakfast

Cereal with Cream
Sautéd Tripe Creamed Potatoes
Bread and Butter Coffee
Tea Milk

Dinner

Roast Shoulder of Veal
Macaroni with Tomatoes
Sautéd Squash
Lettuce and Lima Bean Salad
Bread and Butter Cheese Pie

Supper

Creamed Codfish Baked Potatoes
Biscuits and Butter
Philadelphia Relish
Tea Milk

SATURDAY, JULY 25

Breakfast

Cereal with Cream
Bacon Fried Hominy Grits
Baked Bananas Bread and Butter
Coffee Tea Milk

Dinner

Roast Mutton Mint Sauce
Mashed Potatoes New Peas
Lettuce Salad Bread and Butter
Caramel Junket

Supper

Cheese Rice Croquettes
Bread and Butter Baked Apples
Tea Milk

SUNDAY, JULY 26

Breakfast

Corn Flakes with Bananas
Bacon and Eggs Sautéd Potatoes
Bread and Butter
Coffee Tea Milk

Dinner

Fried Chicken Rice Croquettes
Stuffed Peppers Bread and Butter
Tomatoes and Cucumbers, Mayonnaise
Vanilla Ice Cream

Supper

Apple and Date Salad Cheese
Bread and Butter Cake Milk
Iced Tea

MONDAY, JULY 27

Breakfast

Cereal with Cream
Bacon and Tomatoes Bread and Butter
Coffee Tea Milk

Dinner

Baked Ham Sautéd Egg Plant
Spaghetti and Tomatoes
Bread and Butter
Escalloped Cabbage
Fruit Pudding and Sauce

Supper

Cheese Cutlets Biscuits and Butter
Stewed Prunes
Tea Milk

TUESDAY, JULY 28

Breakfast

Cereal and Cream
Sautéd Trout Baked Potatoes
Bread and Butter
Coffee Tea Milk

Dinner

Roast Beef Brown Gravy
Franconia Potatoes Summer Squash
String Beans on Lettuce
Bread and Butter
Brown Betty

Supper

Cold Mutton Bread and Butter
Stewed Fruit Hot Gingerbread
Cottage Cheese Balls on Lettuce
Tea Milk

WEDNESDAY, JULY 29

Breakfast

Cereal with Cream
Kidney Hash Boiled Hominy Grits
Bread and Butter
Coffee Tea Milk

Dinner

Roast Mutton Mint Sauce
Boiled Rice Scalloped Tomatoes
Squash Fritters Cucumbers
Bread and Butter
Bread Pudding

Supper

Sliced Cold Beef
Cottage Cheese Prunes
Bread and Butter
Cake Tea Milk

THURSDAY, JULY 30

Breakfast

Cereal with Cream
Bacon and Tomatoes Bread and Butter
Coffee Tea Milk

Dinner

Roast Pork Mashed Turnips
Boiled Hominy Apple Sauce
Bread and Butter
Chocolate Blanc Mange with Cream

Supper

Potato Salad Parsley
Sliced Cheese Bread and Butter
Cake Tea Milk

FRIDAY, JULY 31

Breakfast

Cereal with Cream
Scrambled Eggs
Hashed Browned Potatoes
Bread and Butter
Coffee Tea Milk

Dinner

Cream Soup Sautéd Bass
Potato Garnish Sauce Tartare
Baked Potatoes Corn, Cucumber Salad
Bread and Butter
Almond Tart

Supper

Sliced Cold Pork
Sliced Tomatoes Plain Cake
Bread and Butter
Tea Milk

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